



# Our Wonderful World

January, 2012  
Volume 3 :: Number 1

## The Art of Living Green



Greening Your  
*New Year's Resolutions*

ArtiGras 2012  
*Green is the Dominant Color*

2012  
Allianz Championship  
*Goes Green*

Fabulous Fish  
*Why It's So Healthy!*

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Our Wonderful World  
Volume 3 Number 1





# Table of Contents

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

## Contributors and Advertisers

## Letter from the Publishers

## Feature Story

Green is the Dominate Color at ArtiGras

*by Rebecca Seelig*

2012 Allianz Championship “Goes Green”

*by Bonnie Kaye*

## Green Goings

FAU Hosts “Learn Green” Conference & Expo

*by Glenn R. Swift*

Healing Touch Buddies Receives Golden Care Award

*by Glenn R. Swift*

## Health & Wellness

Pearls of Wisdom from the Green Goddess

*by Sharon Quercioli*

A Teachable Moment

*by Sean Herbert*

The Effects of “Killer Clothes”

*by Brian Clement*



*For downloadable pdf click [here](#).*



Our Wonderful World  
Volume 3 Number 1

## Eating Well

Fabulous Fish

*by Sharon Quercioli*

## Going Green

The Double Speak That Is Clean Coal

*by Chris Cherniak*

Ask the Energy Expert

*by Scott Ranck*

Greening Your New Year's Resolutions

*by Sandra Frens*

Sustainability — A State of Mind

*by Keith Winn*

## Nonprofit/Charity

This New Year's Promise

*by Betty Ann Baker*

Roberto Iarussi in Benefit Concert

*by Glenn R. Swift*

## Green Goodies

## Meet The Team



## Contributors and Advertisers

Allianz Championship  
Ameritas Investment Corp.  
Evo Merchant Services  
Florida Public Utilities  
Got Sprouts?  
Green Profit Solutions  
Healing Touch Buddies, Inc.  
Hippocrates Health Institute  
Keola Health & Well-Being Studios  
Northern Palm Beach County Chamber of Commerce  
Nozzle Nolen  
Palm Beach Pops  
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# Our Wonderful World

The Art of Living Green



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# From the Publishers

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

Well...It's here! 2012! Will this be the beginning of a new dawn for our planet? It just might if all of us do our share to "green" our planet, and this issue gives you a wealth of information as to how you can live a healthier, greener lifestyle. Be sure to read Sandra Frens' "Greening Your New Year's Resolutions" and Keith Winn's "Sustainability — A State of Mind" for some great ideas.

ArtiGras, one of South Florida's leading art festivals and Northern Palm Beach County's most popular community event, is slated for Saturday, February 18 through Monday, February 20, and this year GREEN is definitely the dominant color! Read how event planners have made a concerted effort to embrace the "Go Green" movement and minimize the festival's carbon footprint.

Golfers especially should find our feature on the 2012 Allianz Championship of particular interest. The 12th Annual Allianz Championship, set for February 6-12, 2012 at the exclusive Broken Sound Club in Boca Raton, has announced plans to become one of the greenest golf tournaments in North America. Read how Allianz has partnered with The Smart Group, an organization of ecologists, scientists,

educators and academic researchers, to achieve this noteworthy goal right here in Palm Beach County, the "Golf Capital of the World."

Of course, our very own Green Goddess enlightens us again with her Pearls of Wisdom as well as giving us some great tips on healthy eating in "Fabulous Fish." Kudos too to Sean Herbert, the "Wheatgrass King," for "A Teachable Moment," and to Betty Ann Baker for her heartfelt "This New Year's Promise." Then again, we've got a lot more good stuff, too.

So, get clickin' and have a

## Happy New Year!

Sincerely,



**Sharon**

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**Glenn**

Glenn Swift,  
*Editor in Chief*

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LETTER



# Green is the Dominate Color at ArtiGras Fine Arts Festival

by Rebecca Seelig



Photography Courtesy of David Randell

When you stroll through the rows of amazing art at the ArtiGras Fine Arts Festival, you will see a myriad of colors, used in so many ways, on so many mediums, but one color which has gained favor at ArtiGras is Green. Over the last five years, ArtiGras has made a concerted effort to embrace the "Go Green" movement and minimize its carbon footprint.

To start their Green efforts, ArtiGras made all volunteer, artist and vendor registration and communication electronic. Registration is done online via the ArtiGras.org website, and all letters and important information is received via e-mail. By cutting out printed copies of communication, ArtiGras has reduced its carbon footprint by 100,000 grams.

Then to help with their printed materials, like the ArtiGras official program, they print on recycled paper with soy ink. By printing these materials on recycled paper, ArtiGras saves 110 gallons of water and over 208,000 BTU's of energy. In addition, all volunteer shirts (1,000 in total) are made of 100% recycled bamboo.

Even young artists are getting in on the Green movement. Through Resource Depot, all materials supplied in the ArtiKids area are recycled, and Resource Depot also co-hosts a competition with Southern Waste Systems called the Recycling is an Art Contest. The Recycling is an Art Contest is among local schools to see which one can create the most unique and beautiful recycling bin. The recycling bins are placed throughout ArtiGras, and patrons vote on the winner. The ten schools receiving the most votes will receive \$250 for art supplies.

In addition, Sprouts!, a West Palm Beach company that manufactures eco-friendly seed paper products that when planted grow flowers, will feature the artwork of the winners from the Youth Art Competition on its 100% recycled seed paper. A portion of the proceeds from each box of cards will go to support the ArtiGras Art Education Fund.

ArtiGras has even decided to encourage artists who are environmentally conscious. These artists, who will be part of the EcoArt GREEN Zone sponsored by Resource Depot, are those who work with primarily recycled or up-cycled materials. All artists showing in the EcoArt GREEN



Zone must use natural ingredients, recycled materials or other eco-friendly approaches to art. These works of art will be for sale with the proceeds going back to fund more eco-friendly programs at Resource Depot.

"Each year, we make a concerted effort to prolong the life of our environment and the festival itself by ensuring the festival conforms to Green standards," said Suzanne Neve, Vice President of the Northern Palm Beach County Chamber of Commerce, which produces the ArtiGras Fine Arts Festival. "We evaluate our eco-friendly programs and try to see where we can improve and add to our efforts."

Festival hours for ArtiGras 2012 are 10 a.m. to 6 p.m. Saturday, February 18; 10 a.m. to 6 p.m. Sunday, February 19; and 10 a.m. to 5 p.m. Monday, February 20, 2012. The outdoor arts event showcases a juried exhibition of outstanding fine art along with activities, which include live entertainment, artist demonstrations, interactive art activities for all ages, a youth art competition and the opportunity to meet more than 250 of the top artists from around the world.

General admission tickets to ArtiGras are available online at [www.artigras.org](http://www.artigras.org) for the advance ticket price of \$6. Advance tickets are also available at the Gardens Mall (Information Desk), the Maltz Jupiter Theater and Roger Dean Stadium. Admission at the gate is \$10, with children 12 and under admitted free.

For patrons who want to take their art experience to the next level, ArtiGras Patron Society memberships are available for as low as \$100 for a single, \$150 for a double and \$300 for a family. In addition to being recognized in the ArtiGras Official Program, ArtiGras Patron Society members also enjoy VIP festival access and parking the entire weekend, VIP keep-sake credentials, access to the VIP tent where they can partake in a gourmet lunches and complimentary beverages, a complimentary 2012 ArtiGras commemorative poster, invitations to special ArtiGras events including Red, White & Zin and the exclusive "Meet the Artist" event at the Maltz Jupiter Theater, and an original work of art by homegrown artist Devin Howell.



For additional information, visit [www.artigras.org](http://www.artigras.org) or contact the Northern Palm Beach County Chamber of Commerce at (561) 748-3946.



Photography Courtesy of David Randell



# February

## 18, 19 & 20 2012

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# 2012 ALLIANZ CHAMPIONSHIP

## PGA Champions Tour Event Partners with The Smart Group to Reduce Carbon Footprint

by Bonnie Kaye

**CLICK HERE to Watch the Allianz Tournament Video**



The 12th annual [Allianz Championship](#), set for February 6-12, 2012 at the exclusive Broken Sound Club in Boca Raton, has announced plans to become one of the greenest golf tournaments in North America. To achieve this goal, the tournament will partner with [The Smart Group](#), an organization of ecologists, scientists, educators and academic researchers who help clients make sound decisions about environmental management.

The tournament plans to set green event benchmarks by developing a comprehensive carbon footprint event analysis, taking the initiative to power the event with 100% renewable energy and implementing a zero waste program through the education of spectators, players and vendors about the benefits of going green in their daily business and personal spaces.

This initiative is an extension of efforts made at the 2011 Allianz Championship, which was the first [PGA Champions Tour](#) event ever played on a GEO-certified course. [Broken Sound Club](#) is the first golf facility in Florida and only the second in the United States to achieve the GEO Certified award, an international sustainability assurance from the Golf Environment Organization.

"This is truly an ambitious, one-of-a-kind collaboration in sustainability," said Allianz Championship Tournament Director Ryan next level," said Nancy Jones, Chief Marketing Officer for Allianz Life. "We hope these actions serve as inspiration to other large events and a blueprint for how environmental quality, landscape and ecosystems, and reducing travel and trans-

mental quality, landscape and ecosystems, and reducing travel and transportation mileage to and from the site for vendor staging, player transportation and event-goer transportation."

As the first tournament on the early-season Florida swing of the PGA Champions Tour, the Allianz Championship is collaborating closely with the [International Green Energy Council](#) (IGEC), [Golf Environment Organization](#) (GEO), the [City of Boca Raton](#), the [PGA Champions Tour](#) and [Allianz Life](#), the tournament's title sponsor and founding sponsor of the 2012 green initiative. The tournament's green initiative is an extension of programs already being conducted by Allianz. For example, Allianz Life was recently recognized for the second straight year with the prestigious [Energy Star](#) designation for its campus in Golden Valley, Minn., putting it in the top 9% of similar-size buildings nationwide. Parent company Allianz SE has developed around 70 products and services that help mitigate climate change or take environmental impact into account.

"Allianz Life and our parent company Allianz SE are committed to green initiatives within our business practices and celebrate the efforts of the Allianz Championship to take the concept of a truly green event to the next level," said Nancy Jones, Chief Marketing Officer for Allianz Life. "We hope these actions serve as inspiration to other large events and a blueprint for how environmental sustainability goals can be achieved."

FEATURE STORY





From Left: John Crean, General Manager and Chief Operating Officer, Broken Sound Club; Russ Bodie, Principal, The Smart Group; Ryan Dillon, Tournament Director, Allianz Championship

**Allianz**  
Championship

presented by  **Insperity**



### Carbon Offset Program to Make Boca Raton Greener

The tournament will use a per-mile carbon offset fee generated from all players, vendors and attendees for travel by air and car to enhance the greening of Boca Raton. The total amount of these carbon offset fees will be used to buy trees for planting throughout the City of Boca Raton.

"There is so much potential to bring real world sustainability initiatives into direct contact with thousands of people through golfing events," noted Jonathan Smith, Chief Executive of the Golf Environment Organization expressing his support for the initiative. "At the Allianz Championship, we see a precedent-seeking, committed golf event and active venue, engaging with other event stakeholders to generate actions that will make a tangible difference while enhancing the reputations of all involved. We're delighted that this trailblazing initiative will unfold at a GEO Certified™ venue, and that some of the pioneering work we have been undertaking around the Ryder Cup has provided a strong and effective model for the delivery of this exciting leadership program."

### Allianz Championship Invites Additional Green Partners

The Allianz Championship is seeking additional partners, vendors, sponsors, exhibitors and volunteers that are committed to corporate social responsibility, sustainability, the environment, green technology, corporate governance and community development to share in this groundbreaking collaboration.

To learn more about the Allianz Championship partnering opportunities, contact Anthony Greco at [agreco@allianzchampionship.com](mailto:agreco@allianzchampionship.com) or call 561-241-GOLF(4653).

### About The Allianz Championship

In addition to bringing the legendary champions of golf to Boca Raton for a celebrated week-long PGA Champions Tour event, the Allianz Championship will be driving all net proceeds to the Boca Raton Regional Hospital. The Old Course at Broken Sound in Boca Raton will play host to the event February 6-12, 2012. The Allianz Championship, with a purse of \$1.8 million, is the Champions Tour's first tournament of the early-season Florida swing with the Golf Channel televising live all three rounds of the Championship. Visit [www.allianzchampionship.com](http://www.allianzchampionship.com) for updates, to purchase VIP tickets, and learn more about sponsorship and volunteer opportunities.

To volunteer for the Allianz Championship tournament or its Green Team in particular, contact [ajenkins@championstourgolf.com](mailto:ajenkins@championstourgolf.com) or visit the "volunteer" page on [www.allianzchampionship.com](http://www.allianzchampionship.com).



# 2012 Allianz Championship Overview

## Pre-Tournament Play

TUESDAY, FEBRUARY 7	WEDNESDAY, FEBRUARY 8
<b>SECOND-ANNUAL ALLIANZ CHAMPIONSHIP WOMEN'S EXECUTIVE PRO-AM</b> 10:30am–5pm  <i>This second-annual event with a private group clinic by LPGA legend and eight-time "player of the year" Annika Sorenstam gives women of all skill sets a chance to play nine holes with a PGA Champions Tour pro during the Allianz Championship. This fun-filled day also includes a continental breakfast, Q &amp; A session with Sorenstam prior to her clinic, a gift package and an invitation to the VIP Executive Pro-Am draw party that night when the champion of the Women's Executive Pro-Am is announced.</i>  <b>Ticket Price: \$750 per player</b>	<b>ALLIANZ CHAMPIONSHIP KONICA MINOLTA PRO-AM</b> 7:15am and 12:45pm  <i>Teeing up memorable rounds of corporate camaraderie on the green, client entertainment or employee recognition with each foursome paired with a PGA Champions Tour pro. Lunch and an invitation to the VIP draw party with Champions Tour legends on Feb. 7 are included. Each player also receives a premium gift package including a \$300 Callaway gift card and a Peter Millar apparel shopping spree valued at \$250.</i>  <b>Pro Am Fee: \$3,000 per participant</b>

THURSDAY, FEBRUARY 9
<b>ALLIANZ CHAMPIONSHIP PRO-AM</b> 7:15am and 12:45pm  <i>A second day of Executive Pro-Am play at the Allianz Championship featuring memorable corporate camaraderie and golf with each foursome paired with a PGA Champions Tour pro. Participants enjoy lunch, receive a premium gift package that includes a \$300 Callaway gift card and a Peter Millar apparel shopping spree valued at \$250, and an invitation to the VIP draw party with Champions Tour legends on Feb. 7.</i>  <b>Pro Am Fee: \$3,500 per participant</b>

Championship Tournament Days		
FRIDAY, FEBRUARY 10	SATURDAY, FEBRUARY 11	SUNDAY FEBRUARY 12
<b>ALLIANZ CHAMPIONSHIP – FIRST ROUND TOURNAMENT PLAY</b> 9am–5pm  <i>An impressive roster of PGA Champions Tour legends tee off to compete for a \$1.8 million purse during first round championship play at the Allianz Championship, with all net proceeds "chipping in" to benefit the Boca Raton Regional Hospital. Boca Raton will host defending Champion Tom Lehman and other PGA Champions Tour pros at the Champions Tour's first tournament of the early-season Florida swing, with The Golf Channel televising all three rounds live from The Old Course at Broken Sound Club.</i>  <b>Ticket Price: General admission free; skybox tickets available for purchase.</b>	<b>3RD ANNUAL ALLIANZ CHAMPIONSHIP "GRAPES ON THE GREEN" GOLF &amp; WINE EXPERIENCE</b> 3pm–6pm  <i>Overlooking the 18th green, wine and food connoisseurs, golf enthusiasts and those who want to enjoy an afternoon out with friends or meeting new ones will get the chance to sample "reds and whites on the green" from the private wine collections of PGA pros' own vineyards in this special "event within the event" that benefits the Boca Raton Regional Hospital. In addition to indulging in the varietals from international vineyards and labels owned by golf pros Arnold Palmer, Fred Couples and more, attendees will enjoy delicious gourmet foods from top local restaurants, VIP experience auction, appearances by golf legends and live entertainment.</i>  <b>Ticket Price: \$85 per person; ticket packages available include a Two-some Package for \$200 that includes two tickets, two passes to VIP suite overlooking the 16th green during Allianz Championship, two beverage vouchers, and one Saturday VIP parking pass and a Fuzzy Zoeller Package for \$750 that includes four tickets, four passes to the Executive Skybox for Saturday, Feb. 11, and two Saturday VIP parking passes.</b>	<b>ALLIANZ CHAMPIONSHIP – FINAL ROUND TOURNAMENT PLAY</b> 9am– 5pm  <i>The exciting finish for players and fans alike as PGA Champions Tour legends vie for a \$1.8 million purse during final-round play, with the check and trophy presentation immediately following the day's play, all televised live from The Old Course at Broken Sound Club on The Golf Channel. The Allianz Championship, the Champions Tour's first tournament of the early-season Florida swing, will drive all net proceeds from the tournament to "chip in" to benefit the Boca Raton Regional Hospital.</i>  <b>Ticket Price: General admission free; skybox tickets available for purchase.</b>  <i>The Allianz Championship tournament is managed by Pro Links Sports, headquartered in Minneapolis, MN. Directing five tournaments on the Champions Tour schedule, all are continuously voted in the top ten tournaments by the players. This reputation attracts the top golfers on the PGA Championship Tour to Boca Raton, along with other legends of golf.</i>  <b>Spectator Experience Can Be Upgraded With Skybox Seating or Sponsorships</b> Premium ticket packages can be purchased for VIP and Skybox seating ranging from \$75 to \$175. Sponsorship packages include branded opportunities, premium seating, variety of invitation-only receptions, Pro-Am play, meet and greets with the legends of golf, etc.
<b>SATURDAY, FEBRUARY 11</b>	<b>For more tournament information, premium ticket packages, skybox seating and Grapes On The Green event tickets, call (561) 241-GOLF (4653); fax (561) 241-4658, or visit <a href="http://www.allianzchampionship.com">www.allianzchampionship.com</a>. For Pro-Am registration and sponsorship package opportunities, contact Anthony Greco at (561) 241-GOLF (4653) or e-mail <a href="mailto:agreco@allianzchampionship.com">agreco@allianzchampionship.com</a>.</b>	
<b>ALLIANZ CHAMPIONSHIP SECOND ROUND TOURNAMENT PLAY AND FAMILY DAY</b> 9am–5pm  <i>PGA Champions Tour legends continue to vie for a \$1.8 million purse in second round championship play during "Family Day" at the Allianz Championship with all net proceeds "chipping in" to benefit the Boca Raton Regional Hospital. "Family Day" features a full schedule of free interactive family activities for all generations, including face painting, bounce house, putting contests, Don Law golf clinic, children painting their own art on a Lexus vehicle, appearances by South Florida sports team mascots and much more.</i>  <b>Ticket Price: General admission free; skybox tickets available for purchase</b>		



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# FAU Hosts Third Annual "Learn Green" Conference and Expo

by Glenn R. Swift

Presented in partnership by Florida Atlantic University's Pine Jog Environmental Education Center and the School District of Palm Beach County's Division of Support Operations, the Third Annual Conference and Expo was held on 11-11-11. Attracting more than 850 attendees, speakers and exhibitors from twenty different Florida counties and six other U.S. states, the Conference marked Florida's first statewide green schools conference.

Conference goers gained ideas about how to "green" their day-to-day operations by learning about local vendor's "green" products and services, while having a chance to network with other environmentally minded individuals.

To view a slideshow of photos from the event, please visit [www.ourgreenschools.com](http://www.ourgreenschools.com).

You can also "Like" the "Our Green Schools" Facebook page to learn about all the activities happening with the Palm Beach County's Green Schools Recognition Program at <https://www.facebook.com/pages/Green-Schools-Recognition-Program/204454342920049>.

*The Learn Green Conference and Expo Team wants to thank event goers and vendors for doing their part to "green" our future generations.*

## **About the Green Schools Recognition Program**

*The Green Schools Recognition Program encourages cultures of sustainability within school communities. This program recognizes schools for taking a holistic approach to going green that incorporates school ground enhancement, resource conservation, curriculum connections, and community involvement with a school wide commitment and focus on sustainability.*

*Congratulations to the 2010-2011 Class of Green Schools!*

*[Click here](#) to see some of the green initiatives that were completed this year!*



GREEN GOINGS



# Healing Touch Buddies Receives Golden Care Award

by Glenn R. Swift

"Healing Touch Buddies has provided our services free of charge, operating on volunteer power since 2004. We've remained innovative, creative and committed to our mission regardless of the difficulties involved with fundraising. We managed, but the weight has been heavy at times," said Betty Ann Baker, Executive Director and Founder of Jupiter-based Healing Touch Buddies.

"Accepting the Golden Care Award for 2011 from the Hippocrates Health Institute (www.hippocratesinst.org) was personally very moving. I felt a little weak in the knees when I accepted the award and the generous gift of \$5000. It was the sensation you get when you've been carrying a heavy backpack and a stronger friend offers to carry it for you," Baker added humbly.

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. For more information about Healing Touch Buddies, please visit [www.healingtouchbuddies.org](http://www.healingtouchbuddies.org).

**A Benefit Concert for Healing Touch Buddies, Inc.  
"An Evening of Broadway and Romantic Classics"  
Featuring Bocelli Award-Winning Tenor**

## Roberto Larussi

7pm Saturday, Jan. 7

**The Eissey Campus Theatre 11051 Campus Dr.,  
Palm Beach Gardens, FL 33410 | (561) 741-1671**

**CLICK HERE** to listen to an interview with Roberto on the "Jo Ann Plug Show," which airs Saturday mornings from 7:30 to 8:30 and Saturday evenings from 6 to 7 on **SeaView Radio**, 95.9 FM, 106.9 FM and 960 AM along Florida's East Coast from Stuart to Boynton Beach.



Betty Ann Baker and Anna Maria Clement



Anna Maria and Brian Clement



Photography Courtesy of Will Burson



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# PEARLS OF WISDOM FROM THE GREEN GODDESS

*Quote of the Month:*

*"Whatever your mind can conceive and can believe, it can achieve."  
-Napoleon Hill*



## Manifestation by Sharon Quercioli

Webster's New World College Dictionary defines the word as "palpable, evident; to make clear, show plainly, reveal; to show itself." Sounds like magic, but it is as simple as this quote by Henry Ford, "Whether you think you can or can't, you are right."

I don't know about you, but I would much prefer to think I can all of the time. I can create my own reality, and I choose that reality to be one that revolves around the basic concept of "I can."

The first step in manifesting your dreams is to write them down. Once you commit your dreams to paper they become a real goal that you can now break down into steps necessary to achieving your dream. Napoleon Hill says it all: "Whatever your mind can conceive and can believe, it can achieve."

What is it that you want to manifest in 2012? Even Pablo Picasso once said, "Everything you can imagine is real." Is it a new job, new relationship, more income or better health? Sit down and think of your dream situation and then commit it to paper. Goals are really just dreams with a timeline. Mark Victor Hansen said, "You control your future, your destiny. What you think about comes about. By recording your dreams and goals on paper, you set in motion the process of becoming the person you most want to be. Put your future in good hands - your own."

If you really want to "up the ante," I recom-

mend that you share your written dream with at least one person. I am a firm believer in the more people you tell the more chances for success. Another great thing about sharing your dreams is getting feedback from those who support you.

Anything is possible. Wayne Dyer has said, "The power of intention is the power to manifest, to create, to live a life of unlimited abundance and to attract into your life the right people at the right moments." When I decided to go back to work I knew exactly the type of job I wanted. I decided I wanted to open my own business, Sprouts plantable seed paper products, to educate people and children about saving the environment, work with children and charitable organizations, and write a Green Gossip Newsletter informing our customers and followers about what we are doing with

**James Allen said,  
"A man sooner or later  
discovers that he is the master  
gardner of his soul,  
the director of his life."**

charitable organizations and where we will be showing our products. I wanted to make a difference and give back to the community and also win Small Business of the Year. I knew exactly who to call, my mentor, who was thrilled to give me several ideas. He was on board with my dreams. Not only did I get exactly what I wanted, I love what I am doing and love the people I am involved with and the charitable organizations that I



support. My other dream was to be Woman of the Year, and I accomplished that this year and what an honor.

The power of intention is amazing if you truly believe that you are worthy to reap the rewards. This year I want to work on getting more free time for myself, which is always a challenge for me and receive an award for our green digital magazine Our Wonderful World. All things are possible if you believe them to be so. Carl Sandburg said, "Nothing happens but first a dream."

There will be obstacles in your path. There will be naysayers who tell you that you can't succeed, won't succeed, and the best one, you will never make any money doing that. Don't listen to those people. Most of them never believed they could reach their own dreams, so why should you be able to reach yours.

James Allen said, "A man sooner or later discovers that he is the master gardner of his soul, the director of his life." If you are passionate about something, if it brings you great joy, then follow your true desires. Miracles will happen. Watch out for past history playing a part in your future. You may have tried other things in the past that may not have worked out as you expected. Use those as learning experiences to succeed in the future, not as reasons to stop you from following a new dream.

I love this quote by Eckhart Tolle: "The past has no power over the present moment." Unless you try, one shall never know. It is better to try and fail than to never have tried at all.

**I wish all of you a Healthy,  
Happy and Prosperous 2012!**



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"I battled Crohn's disease and started my business, GOT SPROUTS? to provide these super foods to people with health challenges."

# A Teachable Moment

by Sean Herbert

I recently attended a lunch with a few friends enjoying the conversation of the day, when I was afforded the first-hand opportunity to learn what some of the "normal people" say and believe about Hippocrates Health Institute and my company, Got Sprouts?

My friend is a stout carnivore of German decent. You know the kind...Sure of himself and believes everything that he sees on the evening news! Well, my friend brought up a nebulous news story supposedly done on "Wheatgrass and plant-based diet centers, notably Hippocrates Health Institute." He then proceeded to tell our table of friends that the doctor interviewed by the reporter said, "Those institutes are bogus and only provide a placebo effect. They have no data to back up their claims that eating a plant-based diet cures any diseases."

I patiently listened to his arguments: "There is no proof. You don't get enough protein from that diet; that place is too expensive, I would rather eat meat and dairy and be sick than be resigned to eating salads and bark from trees!" You see my friend knew that I grow wheatgrass and sprouts and sell them through the Hippocrates store.

He knew my story how I battled Crohn's disease and started my business, "GOT SPROUTS?" to provide these super foods to people with health challenges. He also knew that my wife was a program consultant at Hippocrates Health Institute for the past eight years and how she beat cancer.

So, the only reason he could have brought all this up is that he wanted to know more...

I am currently reading a book on the ancient wisdom of the Tao, and one of the lessons it teaches is that when confronted with a belief you should not push, but withdraw and instruct. I could have cited just common sense arguments like when an instinctual animal such as a dog or a cat gets sick, the first thing they look for is grass to detox and stabilize the body.

**Chlorophyll is only one atom of magnesium different from hemoglobin in human blood.**

Or the fact that the largest, strongest animals, such as the horse, the great apes, elephants, as well as the largest dinosaurs, were all...you guessed it...herbivores. They must have gotten their protein from somewhere other than meat, right?


Or the simple fact that Chlorophyll is only one atom of magnesium different from hemoglobin in human blood. Doesn't it give you peace that the good Lord put the ability to heal ourselves directly under our feet in the form of grass? Or for the Darwinians out there: "Our ecosystem provides all the necessary supplementation to support the survival and the evolution of our species etc, etc..." So instead of attacking, I withdrew to instruct in the hopes that if he reads this in a magazine, he will take it as fact.

You want proof? Please digest the contents of an amazing 40-year study on nutrition called "The China Study" by Dr. T. Colin Campbell, Professor Emeritus of Nutritional Biochemistry at Cornell University. Dr. Campbell chronicled "The most comprehensive study of Nutrition ever conducted." This intense study clarifies the relationship between diet and disease and the effects of eating a plant-based diet vs. the harmful consequences of consuming animal proteins. The results will astound you.

Then again, grab some celery and carrot sticks and watch the movie *Supersize Me* to see the effects upon the human body of eating McDonald's fast food for 30 days. Then make a nice Sprout Smoothie and take in the nourishment of watching the



# We are realizing that our health is our responsibility, and that mainstream medicine has become in some instances a “business” instead of an honorable catalyst for healing.



documentary Forks Over Knives, another amazing documentary showing that when Nazi Germany invaded Norway they confiscated all the meat and dairy to feed their army. This left the Norwegians with nothing but a plant-based diet to sustain themselves from 1941-1945, but here's the rest of the story. Heart disease, cancer and immune diseases fell sharply, but when the Nazis left and meat was reintroduced to their diets, those same diseases began to flourish.

Take the time and refer to the 1992 John Hopkins University Study on Broccoli Sprouts, citing how sulforaphane in the sprouts retard the growth of cancer cells. You want first-hand proof? Spend a day in my store and talk to our customers, or attend a graduation from the Hippocrates Life Change program and ask a graduate if their health is worth ANY cost? For the cost of our lunch alone, you could enjoy fresh sprouts for a month! Can't eat salads and tree bark all day? Try a shot of wheatgrass; it's only two ounces a day. Try a sprout-green drink or a nice lunch or dinner at a local restaurant. Did you notice that most are carrying vegetarian dishes now? I wonder why...

Life is full of choices. It is your choice what you put into your body. It is your choice as to what you

believe. I have witnessed my mother die a slow painful death from the effects of multiple sclerosis. I have watched my wife endure the ravages of chemotherapy. I have read the label on my own medication: “may cause cancer.” I have also witnessed very sick people leave Hippocrates with renewed hope of beating supposedly incurable diseases. I have witnessed improved blood tests from my customers. I have experienced my wife being cancer-free for thirteen years and me being off all medication for Crohn's.

People's perceptions are changing. We are realizing that our health is our responsibility, and that mainstream medicine has become in some instances a “business” instead of an honorable catalyst for healing. (Ever spend a five-minute consultation with a doctor just long enough to get a prescription and your insurance information?) It is our responsibility to inform and enlighten the “normal people” before they experience a life-threatening disease. To my friend, I pray that he reads this article, researches the facts and makes up his own mind. I hope he sees the value in referring people to Got Sprouts? and Hippocrates Health Institute.

He might just save someone's life. So might you.

*Sean and Jody Herbert own and operate GOT SPROUTS? located at 1880 West 10th St. in Riviera Beach just south of Blue Heron Blvd on Congress Ave. The store phone number is (561) 689-9464 or you can visit [www.GotSprouts.com](http://www.GotSprouts.com). They deliver from Jupiter to Boca Raton and ship throughout the continental United States.*







# The Effects of “*Killer Clothes*”

by Brian Clement,  
Co-Director of Hippocrates Health Institute

Over the last 60 years, there has been a significant increase in health problems that can be associated with wearing synthetic garments: fertility problems, respiratory disease, contact dermatitis, cancer and many others. Many of the fabrics below are toxic to human health:

- *Acrylic and Modacrylic – (Replace wash and wear fabrics.)*
- *Polyester – Developed from Xylene and Ethylene (Wrinkle-Free Fabric)*
- *Rayon Wood-based compound, including cellulose acetate (First artificial textile fabric)*
- *Nylon – Its petro-molecule source is toluene (a less expensive alternative to silk).*
- *Disperse Dyes – May cause cancer or allergies (used to dye synthetic fibers)*

Synthetic clothing commonly contains such toxins as formaldehyde, brominated flame retardants and perfluorinated chemicals (classified as cancer-causing agents by the U.S. Environmental Protection Agency guidelines. Insecticides such as permethrin are being applied to fibers in the name of protecting health. Trichloroethylene, a chemical commonly used by manufacturers, is classified as a carcinogen, which induces lung and liver tumors in laboratory test animals. Synthetic fibers help to induce muscle fatigue and muscle motor disorders by producing electrostatic discharges. As a result, the wearing of tight synthetic clothing contributes to infertility and also poses a real fire and burn hazard.

When synthetics began replacing natural-fiber clothing, we started seeing increasing numbers of guests coming to Hippocrates with breast cancer, prostate cancer and a range of allergic conditions. Unquestionably, the absorption of

environmental pollutants account for the vast majority of breast cancer cases. Chemical fibers and synthetic clothing contribute to a long list of documented human ailments and degenerative conditions. Multiple Chemical Sensitivity/Chemical Clothing Sensitivity, the syndrome of symptoms that afflict some people include headaches, loss of concentration, itching, tingling sensation, hives, dizziness, nausea, irritability, insomnia, nervousness and depression.

Most cleaning laundry agents can also trigger physical symptoms. Detergent companies have created many synthetic compounds that may exact even greater tolls. These carcinogens can also be found in shampoos and conditioners.

Dozens of manufacturers now produce safe, natural, organic clothing. One example is the emergence of soy and bamboo fibers and a vegetable fiber called saluyot, all of which are safe for both humans and the environment. Many companies also produce diapers and baby clothing that are chemical-free. The natural detoxification systems of children's bodies are not fully developed enough to quickly or completely eliminate fabric chemicals.

The future of clothing is even far more dangerous than the current untenable situation as Nano Clothing has begun its march into fabric. Moreover, Nano Silver is also being added as an antibacterial, disinfectant and deodorizer.

Nanoparticles are released during washing and wearing. This naturally gets into the environment and has the ability to cross circuit naturally occurring biological function of all forms of life from plants to people.

For more information about Hippocrates Health Institute, please visit [www.hippocratesinst.org](http://www.hippocratesinst.org).





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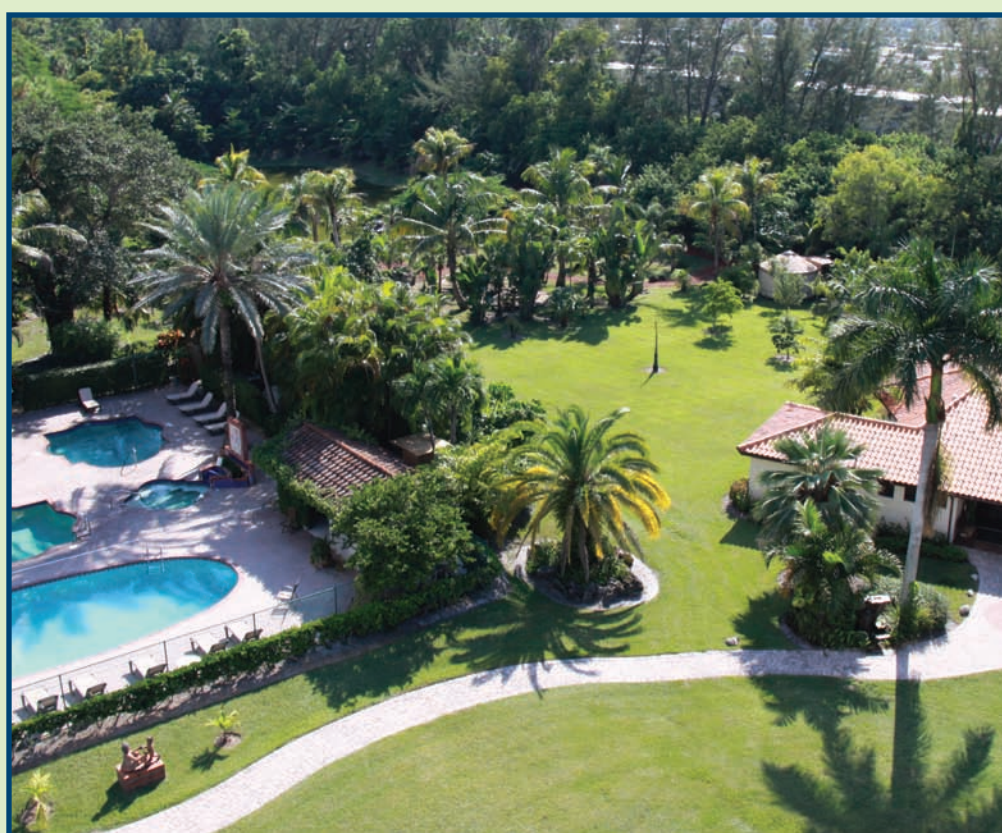
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# Fabulous Fish

by  
Sharon Quercioli

Let's ask ourselves about the merits of mariculture (fish farming) vs. wild-caught fish. People recoil at the thought of eating farm-raised Atlantic salmon as if it were pen-raised veal. I'm troubled by the overfishing of wild stocks of fish all over the world. Other times we squabble about whether we should eat yellowfin tuna, which I love but which also contains high levels of mercury.

Our various struggles are just a microcosm of the larger debates about eating fish. The fact is, there's no one easy answer when it comes to picking fish that is healthy, environmentally sustainable, delicious and affordable. But don't worry! With a little research, it's possible to find the right fish for your dinner table. Here are some tips...

*Fish that's  
fabulous for you!*

Seafood is a great source of protein, generally low in fat and reasonably low in cholesterol. It has several benefits. The National Oceanic and Atmospheric Administration (NOAA), which runs America's national marine sanctuaries, says research has shown that eating seafood may reduce our risk for a number of unhealthy conditions, including stroke, hypertension and heart disease.

EATING WELL





I don't know about you but every time I take the omega-3 vitamins, I burp up fish oils (horrible). Seafood is rich in certain polyunsaturated fatty acids known as omega-3 fatty acids. Not all fish are made equally when it comes to their omega-3 content. The best are cold-water fish, like wild salmon, albacore tuna, herring and mackerel. Studies by the Washington State Department of Fisheries have found that wild and farmed salmon both have roughly the same amounts of omega-3s per portion. Sardines and other small fish are also excellent sources.

## Mercury

The flip side of the health equation is the concern about levels of methylmercury in fish. This heavy trace metal is the fallout of industrial pollution of the atmosphere, largely from the burning of coal, and has been linked to brain damage and birth defects. All fish contain some mercury, but the health benefits of most fish species generally outweigh the downside. The best rule of thumb is to avoid large fish that live a long time, as they accumulate the most mercury in their flesh. The EPA advises that consumers avoid shark, swordfish and king mackerel. Smaller fish like sardines, anchovies and herring tend to have the lowest mercury levels, as do shellfish like shrimp, lobster and scallops. Larger fish like halibut, tuna and salmon have higher levels but not dangerously so, unless you eat them in very large quantities.

To keep your mercury levels in the safe zone, the Natural Resources Defense Council advises eating unlimited quantities of low-mercury species like tilapia, anchovies, catfish and freshwater trout. You should limit your intake of moderate-mercury species like halibut, lobster and mahi-mahi to less than six servings per month. Eat no more than three servings per month of high-mercury species like tuna, albacore and sea bass. And, as mentioned earlier, entirely avoid species like shark, swordfish and king mackerel.

If you think you or your loved ones might already be suffering from elevated mercury levels, the Sierra Club offers mercury testing for \$20.00 per person. You simply download and print out the brochure here, fill it out and mail it in to the address provided with a hair sample cut according to the instructions. They'll test it and mail the results back to you in about a month.

## The impact on our oceans

Finally, there are a lot of valid concerns about the environmental impact of our fish-eating habits, whether it's the depletion of wild tuna stocks by industrial fishing fleets or the localized pollution caused by pens of farm-raised salmon. Even more complicated, a fish that's okay to eat from one ocean or area, like California halibut, might be overfished or endangered in another, like Atlantic halibut.

But what about fish which aren't under the MSC guidelines? The Monterey Bay Aquarium Seafood Watch has compiled and published a series of Regional Guides which you may download free of charge. These handy pocket guides show you which fish to avoid, good seafood alternatives and best choices for both health and sustainability.

A short list of common species that are both mercury safe and environmentally sustainable includes domestically farmed freshwater fish like tilapia, catfish and trout; wild-caught Alaskan salmon; Pacific halibut; sardines and mahi-mahi.

*Seafood can be a healthy and satisfying choice. Help make it an environmentally responsible one as well!*





# The Double Speak that is “Clean Coal”

by Radio Green Earth Correspondent Chris Cherniak

There is no such thing as “clean coal.” This statement should be so obvious that I need not spend another 500 words explaining why, but the coal industry along with the advocacy groups they fund, and many members of Congress have spoken the term enough times it’s now part of their “green” lexicon. Basically, the party line is: “I don’t support coal, I support clean coal.” Doublespeak – 1 Reality – 0.

I’ve spoken with people who believe that we are actually mining and burning a cleaner type of coal! Psst... We’re not. It’s still the same old lignite, sub-bituminous and anthracite being combusted within the same inefficient furnaces, resulting in the production and emission of the same pollutants: ash, smoke, nitrogen oxides, sulfur oxides and gaseous mercury, to name but a few.

By and large, the concept behind “clean coal” addresses the capture and removal of one compound: carbon dioxide. Coal-fired power plants emit thousands of tons of CO<sub>2</sub> into the atmosphere each day. And since it is an important greenhouse gas, its management is critical to controlling the man-made warming of the atmosphere.

Removing carbon dioxide from the stack gas is technically complicated and expensive. Because it’s a gas, you can’t filter it out like smoke or ash. Instead, it has to be separated, turned into a fluid, pumped to a geologically-suitable location and finally injected deep underground where it will remain (hopefully) for perpetuity.

This process is called Carbon Capture and Sequestration, or CCS. With a name like that you can understand why coal marketers and politicians prefer the much easier to pronounce “clean coal.” It voids the need for Americans to learn a four-syllable word, while promoting such a vague term that it sounds like the entire process (mining to burning to ash management) has become more

environmentally friendly. Genius.

The American Coalition for Clean Coal Electricity (ACCCE) has a slick, flag-waving campaign that promotes coal as “America’s power.” In one commercial, it predicts a future in which coal will generate power “with even lower emissions, including the capture and storage of CO<sub>2</sub>. It’s a big challenge, but we’ve made a commitment, a commitment to clean.”

Well, they’ve certainly made a commitment to advertising: tens of millions of dollars worth over the past three years. It would be admirable if they took that funding and, instead of promoting their Orwellian-world of energy, do something instead to actually reduce the amount of carbon dioxide and mercury being emitted from their stacks.

The truth is this: CCS technology has been around for over a decade, but the coal industry has currently ZERO full-scale CCS systems operating in the U.S., and none are planned for at least the next ten years (their estimate). “Clean Coal” and “Commitment to Clean.” It’s now Doublespeak – 2 Reality – 0. 

*“Radio Green Earth” is an award-winning weekly program produced for Public Radio focusing upon environmental education. The show offers current environmental news from experts on subjects such as alternative energy, green buildings, energy efficiency, endangered species, environmental protection, Everglades restoration, water conservation and much more. We inform listeners about the technologies, products and practices they can employ to become greener in every area of their business and personal lives. For more information about Radio Green Earth, please visit [www.radiogreenearth.org](http://www.radiogreenearth.org).*



“Clean Coal”



GOING GREEN





# Ask The Energy Expert - “Tighten Up”

by Scott Ranck

Our homes are much like our bodies. Both can be viewed as the total package; both also can be viewed as made up of many individual systems. I have one body to live in, but it has respiratory, circulatory, neurological and reproductive systems just to name a few. I live in one home, but it also has numerous systems at work. Some of the systems are combined into one, such as heating, cooling and ventilation systems. There is a framing system, roof system and others also. In both our bodies and our homes, each system affects the whole.

In a hot, humid climate like we have in Florida, one of the most cost-effective improvements to your home is air sealing. In this article, I will explain why I say that and provide you a great way to tell if you are making progress toward tightening up your home. First, let me explain why air sealing your home is so important—all our homes leak.

This leakage is referred to as infiltration. When pressures are brought to bear on our homes, either by wind, the stack effect (hot air rising) or mechanical ventilation (kitchen, bathroom vents or HVAC) air will either leak into (infiltration) or out of

(exfiltration) our homes through every unsealed area. It is best in Florida if our buildings are slightly pressurized so that the air leaks out rather than in. Most of the year, air leaking into your home from outside is hot and humid. Most homes have leaks that would allow 50% of the volume of air in the home to change every hour. That measurement is referred to as natural air changes per hour or ACH.

So, if you are hiring someone to air seal your home, require a blower door test before and after. This test, performed by a Florida State Certified Energy Rater I, will tell you exactly how much your home leaks, and the test done before and after air sealing will verify how well the job was done.

A list of level 1 energy raters can be found here:

<http://www.energygauge.com/search.htm>

The benefit of air sealing is that you reduce your heating and cooling load; you reduce the humidity being pulled into your home from outside, and you also can reduce dirt, bugs and anything else entering your home through the cracks. The

extra cost of the test will be well worth it because you will gain a better air sealing job when the contractor knows you are testing his work. 🌍

*Scott Ranck is the Conservation Program Coordinator & Energy Specialist for Florida Public Utilities. Feel free to e-mail any energy-related questions or comments to Scott at [sranck@fpuc.com](mailto:sranck@fpuc.com).*

*Florida Public Utilities Corporation encourages “greener living” through energy conservation rebates, commercial incentives and a slew of valuable services, including “Free Energy Check-ups.” And as the company continues exploring new ways to reduce environmental impact on a broader basis, its main focus is to provide every customer the direct tools they need to save money and energy in their home or business.*

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# Greening Your New Year's RESOLUTIONS

by Sandra Frens



GOING GREEN

This year set a goal to change five aspects of your life to make the way you live greener! Changing even the smallest thing can make a lasting impact on our health and the health of our planet. Take a reusable water bottle with you instead of a plastic one. Stop using paper and plastic bags when you shop and carry a canvas bag. Buy locally grown organic produce which will be healthier for you, save you money, cut down on truck emissions from shipping, and stimulate your local economy.

To help inspire you in keeping with your green resolution, write your goals on Sprouts Plantable New Year's Wish Sprouters. Watch your declarations grow and bloom on

the outside as it does within you. When you tend to your plants, it will remind you about the commitment you made to yourself and to our all important planet Earth.

For those of you who have already incorporated green living in your daily routine, see if you can assist the people in your life with their transition into a greener lifestyle. Inspire others to become as passionate about the environment as you are by giving them a pack of Sprouts New Year's Wish Sprouters.

Let's make a resolution to not just better ourselves, but better our environment, better our planet and make the green resolution!

Well another year has come and gone; if you're like most people you are getting ready to make your resolutions for the New Year.

This year many of our friends, family, and colleagues will vow to exercise more, eat healthier, make more time to volunteer, and be more organized. It's the standard promises made to make the coming year better for ourselves. Yet, there is one resolution missing in these goals we strive for: the green resolution, the resolution to better our environment and planet.



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# Sustainability A State of Mind

by Keith Winn



Traditionally, at the start of a new year, resolutions are tossed about promising exercise or eating habit modifications. There's nothing wrong with these, but honestly, how many are forgotten by January 3rd? This year, why not make a resolution that's truly achievable, and can also benefit yourself, your community and the planet?

**My New Year's resolution is to engage in a variety of sustainable practices throughout the year.**

Ok, so what does that mean? Sure, I'll recycle what I can, compost foodstuffs and work to save energy, paper and other resources, but is that really what the resolution is aiming to achieve? Sustainability is about more than just saving energy or recycling; it's a state of mind. Now before you run off thinking this writer is off his rocker, take a moment to think about that claim. As a company, our efforts to help businesses become more sustainable encompass office conservation practices, yes, but it also envelops a **comprehensive strategy** including business development, marketing, hiring and nearly every other department within the enterprise. Only by incorporating a "triple bottom line" (People, Planet, Profit) mindset into the core decisions of a company can they aim to become truly sustainable members of society.

How can this concept be transposed into a New Year's resolution? Simply engage in the same activities you're used to (at home, in the office, out with friends, namely, wherever you may be), only now consider how each affects **society** (both as individuals and a group), **financial stability**

(locally and abroad) and the **environment**.

Remember the phrase, "You can have it good, fast or cheap, but you can only pick two"? Well, the triple bottom line seeks to provide all three of its pillars simultaneously. While good, fast and cheap are traditionally difficult to combine, sustainable approaches benefiting society, the financial well-being of all producers/sellers, and the environment from production site to sales location are achievable.

Consider a company's sustainability policies when making a purchase: Do they support fair wages and social programs throughout the production chain? Are their environmental impacts documented and in the process of being minimized? Does their profit in one location damage the community in another? Questions along this line can give consumers a strong idea of how a company views true sustainability.

**Along with a quality product/service, a company with a strong commitment towards sustainability is likely to thrive.**

For the New Year, take these ideas to heart, spread them to your friends and family, and help create a world where the principles of sustainability are automatically considered in all aspects of life. Now that's a New Year's resolution worth keeping. Sure beats that exercise machine you (be honest) won't use again!

At least until January 2nd, 2012...



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# This New Year's Promise

## Open to Our Highest Potential

by Betty Ann Baker,  
Executive Director Healing Touch Buddies



Each day is full of moments of  
new beginnings,  
potential and choice.

It is here. 2012, the year mystics and sages herald as a span of great significance for earth and for mankind, will pass its first day...and then the next. Perhaps by design it is extraordinary that we each are here to live in these times. Regardless of the beliefs you hold, one day follows the next. Each day is full of moments of new beginnings, potential and choice. Welcoming in this New Year, we can choose to personally and collectively reflect, evaluate, envision and create to the level of our highest potential.

For Healing Touch Buddies, a revue of 2011 illustrates a year of positive growth, community service and affirming public recognition. Marking our seventh year of service, specially trained Healing Touch Buddies Volunteers continue to provide compassionate support, through Healing Touch therapy, giving hope and care to scores of those newly diagnosed with breast cancer.

With partial funding from Susan G. Komen for the Cure for our annual volunteer seminar, the geographical reach of our program now includes portions of Miami-Dade and Martin counties. The training of an additional fifteen wonderful new practitioners increases our roster to more than one hundred trained since 2004. Planning for our early 2012 volunteer seminar is underway.

A generous bequest moves the Healing Touch Buddies Board of Directors to form the Naomi Thomas Endowment Fund, ensuring the legacy of a lovely, generous and courageous recipient of Healing

Touch Buddies services. And as 2011 draws to an end, in a gesture of acknowledgment and endorsement of our mission, the world renowned Hippocrates Institute presents Healing Touch Buddies their 2011 Golden Care Award, bringing with it not only an honor, but a generous donation to our new endowment fund.

It is with joy and a strong sense of promise that we step into the New Year. Please join us in the celebration of good works and a year full of potential for our Healing Touch Buddies program.

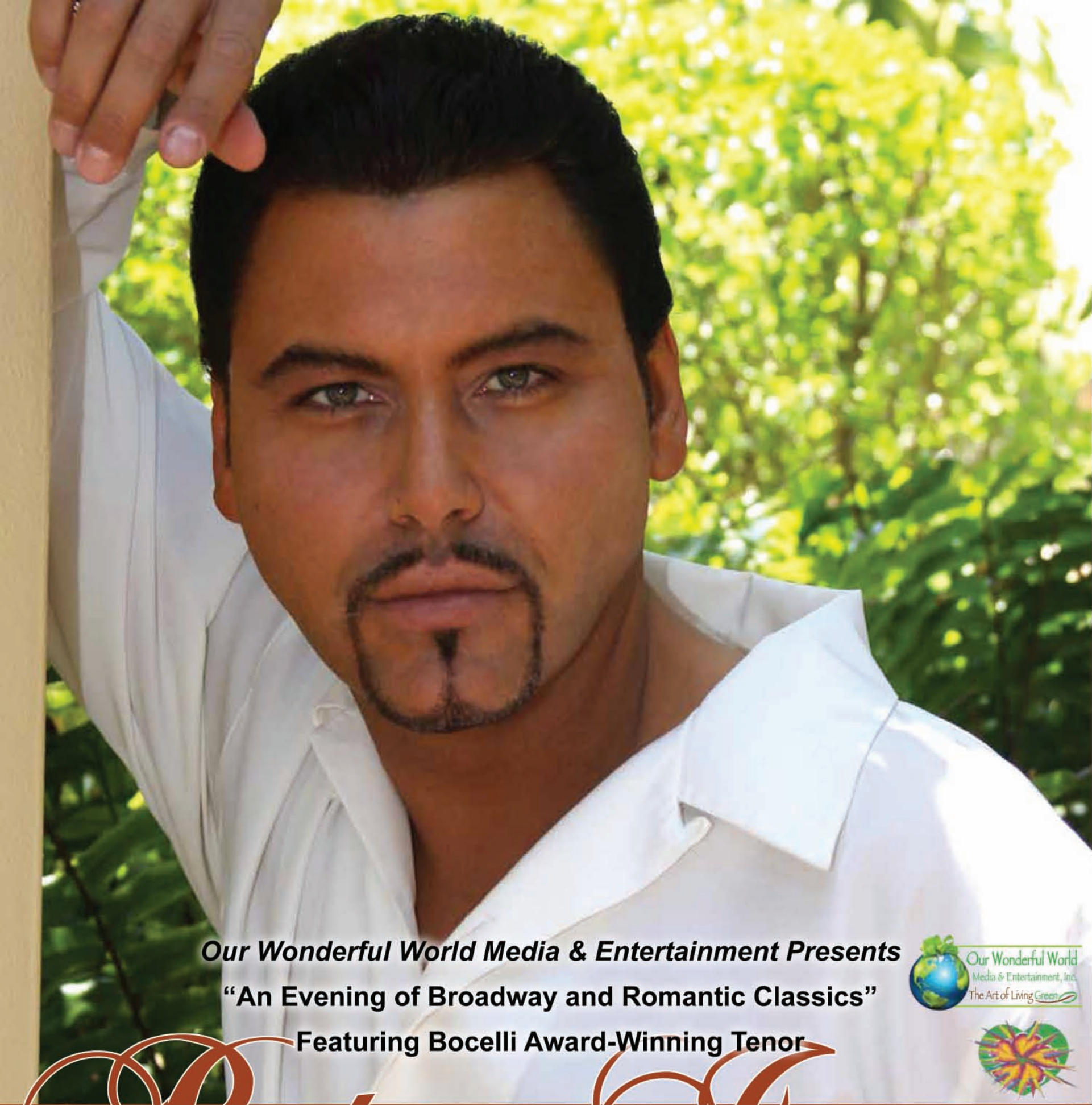
"An Evening of Broadway & Romantic Classics" performed by Bocelli Award-winning tenor, Roberto Iarussi, bringing together Healing Touch Buddies board, staff and volunteers, patients, physicians, healthcare providers and friends in an uplifting and heart opening night!

Our sincere gratitude to our sponsors, Hippocrates Health Institute, Krupnick Campbell Malone Buser Slama Hancock Liberman & McKee, Baker Family, Our Wonderful World, Sprouts!, Nautical Southeast, Inc, Exhale Mind Body Spa at the Omphoy, Omphoy Ocean Resort, Michelle Bernstein Restaurant, Jud Laird, Trisha & Hal Burke, BestWay Carpet & Tile Cleaning, Ritz Ballroom Dance Studio, Larry & Donna Peters, Cory 1st Home Delivery, Jupiter Medical Center, Supergreen Solutions, Jordan Dynamics, Inc. and Oakwood Systems Group.

*For more information about "An Evening of Broadway & Romantic Favorites" and Healing Touch Buddies, please visit*  
[www.healingtouchbuddies.org](http://www.healingtouchbuddies.org).

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**Our Wonderful World Media & Entertainment Presents**

**“An Evening of Broadway and Romantic Classics”**

**Featuring Bocelli Award-Winning Tenor**



**Roberto Larussi**

***A Benefit Concert for Healing Touch Buddies, Inc.  
7pm Saturday, Jan. 7 @ The Eissey Campus Theatre  
11051 Campus Dr., Palm Beach Gardens, FL 33410 | (561) 741-1671***

Possessing a voice of outstanding beauty, exceptional range, color and dynamic capability, Mr. Larussi has drawn extraordinary praise from colleagues and audiences alike—but none as notable as the praise and encouragement he has been given from legendary icons Luciano Pavarotti, Placido Domingo and Jerome Hines, who have all attested to his tonal beauty, dramatic power and to the sheer “heart” of his singing.

It is, most especially, the “heart” that Roberto Larussi brings to this annual fundraising concert for Healing Touch Buddies Inc. ([www.healingtouchbuddies.org](http://www.healingtouchbuddies.org)), a nonprofit that provides “heart-centered” Healing Touch care to people challenged with breast cancer.

It is through the generosity of a Healing Touch Buddies client, Naomi Thomas, that this dazzling talent will be performing at the Eissey Campus Theatre on Saturday, January 7 at 7pm. All net proceeds from this benefit concert will be go to Healing Touch Buddies in keeping with Naomi’s vision to help the “Buddies” in their mission to bring true “Heart and Healing” to men and women in our community in their first year of breast cancer.

“An Evening of Broadway and Romantic Classics” will begin in the lobby of the Eissey Campus Theatre with an eclectic and treasure-rich

silent auction. The doors will open at 6:15 p.m. for early browsing.

At 7 p.m., we will enjoy Bocelli Award-winning Roberto Larussi, accompanied by a six-piece classical ensemble of the Theatre Orchestra of Florida. The concert will end at approximately 9 p.m.

Following the concert, there will be a private VIP “Artist’s Reception” backstage at the Eissey Campus Theatre for HTB’s Friends and Sponsors. Come enjoy light après-concert refreshments and meet Roberto Larussi.

General admission tickets are \$50 (donation) and go on sale in October 2011. For tickets, call the Eissey Box Office at (561) 207-5900.

*For information and sponsorships, call Executive Director, Betty Ann Baker at (561) 741-1671 or e-mail her at [htbuddiesinc@cs.com](mailto:htbuddiesinc@cs.com).*

*A copy of the official registration and financial information may be obtained from the division of consumer services by calling toll-free 800-435-7352 within the state. Registration does not imply endorsement, approval or recommendation by the state. #CH30910 HTBUD-DIES is a 501(c)(3) tax-exempt charitable organization.*

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<b>Simon &amp; Garfunkel</b>	<b>Barbra Streisand</b>	
<b>Neil Diamond</b>	<b>Perry Como</b>	

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# The ArtiGras Art Education Fund

## Purchase Sprouts Cards featuring the Artwork of Award-Winning Students!

Sprouts!, Inc., an innovative West Palm Beach based company that uses 100% recycled, handmade paper embedded with flower seeds to create a diverse array of environmentally friendly products, is once again playing an active role in the ArtiGras Fine Arts Festival by printing beautiful note cards featuring the prize-winning artwork of local students. Portrait

"Every year we are thrilled to be involved in ArtiGras and especially proud of our work with the youth artists," says Sharon Quercioli, Sprouts owner and founder.

The company's note cards, featuring prize-winning student artwork, will be available for sale in the Sprouts booth, located in the Youth Art Gallery. A portion of the proceeds from each box of cards will go to support the ArtiGras Art Education Fund.

Sprouts is committed to supporting our youth and to educating the community about waste reduction and conservation

through our products and environmental education efforts," added Quercioli.

Sprouts products reflect the beauty and simplicity of a green message.

"Instead of ending up in the landfills, our products can be planted in the earth and produce flowers that create oxygen and provide food for small organisms, all the while beautifying the world," Quercioli continued.

Next time you need to send a greeting card or your company plans to send out a mailing or distribute handouts, consider using one of Sprouts "Green Greetings" or "Blooming Boxes." It's a fun, easy and environmentally responsible way to help tackle a growing problem.

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



GREEN GOODIES

### THE FLOWER & FISH COLLECTION

Kelly Ferrell

Anne Mullen

Stephanie Mino

Ali Spector

Robyn Rosier

Shannon Meloy

### THE PORTRAIT COLLECTION

Carmen Chaparro

Selena Calix

Heather Heart

Jean-Luc Abito

Gabriella Logiudice

Margretanne Frasa

Purchase these cards and support the ArtiGras Art Education Fund by going to [www.sproutem.com/category/ArtiGras-2012-Note-Cards](http://www.sproutem.com/category/ArtiGras-2012-Note-Cards).





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

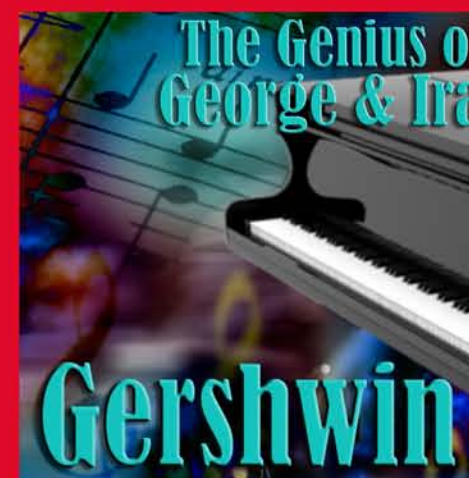


# Bob Lappin & The Palm Beach Pops



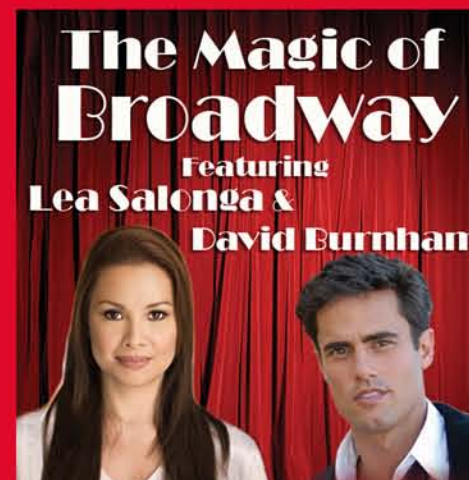
## Wonderful World: A Salute to Louis Armstrong February 6-8 & 10-12, 2012

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

Performances at 8pm. All sales final. No refunds or exchanges. Artists, dates, performances and prices subject to change.





# Meet the Team...

## SHARON QUERCIOLO

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

Co-Founder & President



## SANDRA FRENS

Sandra is a talented graphic designer who earned her Bachelors of Fine Arts from Florida Atlantic University. For more than a decade, she has worked as an independent designer and freelance artist specializing in painting, drawing, digital design, and photography before settling into Sprouts!, Inc. as the Creative Director. Now she is applying her vast artistic knowledge and creativity as the Art Director for Our Wonderful World.

"A good graphic artist understands the elements and principles of design, but an exceptional artist (of any kind) has to be able see how they come together in all the objects that compose the world around us. Remember: everything in our world (even the natural world) has been made by an artist."

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





The  
Archive







# Welcome To

## Our Wonderful World

Media & Entertainment, Inc.  
The Art of Living Green



# The Archive

