



# Our Wonderful World

February, 2012  
Volume 3 :: Number 2

## The Art of Living Green

ArtiGras  
2012

On Our Way  
To Slim & Slique

The Almighty  
Cucumber

Fish for Dinner?

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Our Wonderful World  
Volume 3 Number 2





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(Link to Ad)

Evo Merchant Services

[www.goevo.com](http://www.goevo.com)

Florida Public Utilities

[www.fpuc.com](http://www.fpuc.com)

Healing Touch Buddies, Inc.

[www.healingtouchbuddies.org](http://www.healingtouchbuddies.org)

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Sean Reed Consulting

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# Our Wonderful World

The Art of Living Green



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Welcome to the February, 2012 issue of **Our Wonderful World**, Florida's leading green digital magazine. The month of February is a very special one for those in love, and for those looking for some great ideas as to how to express their romantic feelings, Sandra Frens ("Rekindling the Spark") will help you do just that!

Speaking of love, the Green Goddess not only enlightens us with a great story about the benefits of "The Almighty Cucumber" and a great way to get skinny by drinking a special tea, but she also pays a very loving tribute to her brother Ron, who passed away recently. Everyone who has lost a loved one will be touched by the story.

Palm Beach County and Treasure Coast residents especially will enjoy reading Rebecca Seelig's fine feature about the 2012 ArtiGras Youth Art Competition that's right around the corner, while golfers everywhere should enjoy reading about how the 2012 Allianz Championship will be one of the "greenest" golf tournaments ever.

A truly must read is Brian Clement's fascinating story about the world-renowned Hippocrates Health Institute in West Palm Beach, where Brian and his lovely wife, Anna Maria Clement, serve as Co-Directors. For over half a century, the Institute has helped hundreds of thousands of guests to realize that good health is every person's birth-right, and that a life free of disease and pain is our human legacy. The Hippocrates philosophy is founded upon the belief that a vegan, living, enzyme-rich diet—complemented by exercise, positive thinking and non-invasive therapies—are

integral to optimum health. Thanks again Brian for such an outstanding story.

Attaboys to Scott Ranck of Florida Public Utilities for some great tips on energy-saving alternatives and to John Carr for teaching us about cold calling.

Last, but not least, kudos to all who supported "An Evening of Broadway & Romantic Classics," the benefit concert we produced for Healing Touch Buddies. Six months of planning and hard work certainly paid off as hundreds of concertgoers enjoyed a spectacular evening of entertainment at the Eissey Campus Theatre in Palm Beach Gardens thanks to world-class, virtuoso tenor, Roberto Iarussi, and the 14-piece Theatre Orchestra of Florida, conducted by Mark Giuliani.

Of course, we've got lots more, too. So, get clickin' and enjoy the new issue of **Our Wonderful World!**

Sincerely,



*Sharon*

Sharon Quercioli,  
President  
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*Glenn*

Glenn Swift,  
Editor in Chief  
glenn@owwmedia.com

FROM THE PUBLISHERS





# The ArtiGras Youth Art Competition

## A Tradition and an Honor

by Rebecca Seelig

**For many students in Palm Beach County, ArtiGras is more than a fabulous art festival to attend during Presidents' Day weekend. It is an opportunity to share their works of art and showcase their skill and talent in the ArtiGras Youth Art Competition.**

More than 250 students, in grades kindergarten through 12th, submit their artwork for the ArtiGras Youth Art Competition in mediums ranging from pencil and crayon to chalk and paint. The artwork is then judged by local artists and art educators who have the daunting task of narrowing down the hundreds of entries to only 77 finalists, then selecting a first, second and third place winner along with three honorable mentions for each school grade.

The competition is fierce with students competing for \$2,600 in savings bonds and \$4,550 worth of ArtiBucks for their school's art department. The awards are announced on the first day of ArtiGras, Saturday, February 18 at noon on the Main Stage. The finalists and the winners' works of art will then be on display throughout ArtiGras in the Youth Art Gallery tent.

In addition, Sprouts!, a West Palm Beach company which manufactures eco-friendly seed paper products that when planted grow flowers, will feature the artwork of the winners from the ArtiGras Youth Art Competition on their 100% recycled seed paper.

"Sprouts! is committed to supporting our youth and to educating the community about waste reduction and conservation through our products and environmental education efforts," said Sharon Quercioli, Sprouts! owner and founder.

"That is why each year we enjoy our association with ArtiGras and



# Flower & Fish Collection

Kelly Ferrell



Aine Mullen



Stephanie Mino



Ali Spector



Robyn Rosier



Shannon Meloy



**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).**



and feature the winners of the ArtiGras Youth Art Competition on our notecards.”

The Sprouts! note cards, featuring the students’ artwork, will be available for sale in the Sprouts! booth at the Youth Art Gallery Tent and in the ArtiGras Merchandise Tent. A portion of the proceeds from each box of cards will go to support the ArtiGras Art Education Fund. You can also order directly off the Sprouts! website at: [www.sproutem.com](http://www.sproutem.com).

Along with the Youth Art Competition, the ArtiGras Fine Arts Festival showcases a juried exhibition of outstanding fine art and activities, which include live entertainment, artist demonstrations, interactive art activities for all ages and the opportunity to meet more than 250 of the top artists from around the world. Festival hours for ArtiGras 2012 are 10am to 6pm Saturday, February 18; 10am to 6pm Sunday, February 19; and 10am to 5pm Monday, February 20, 2012.

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 of charge.

FEATURE STORY



# The Portrait Collection

Carmen Chaparro



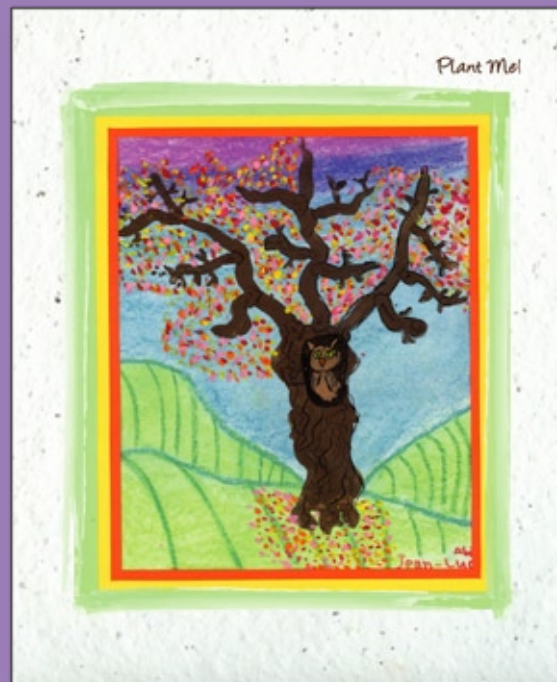
Selena Calix



Heather Hart



Jean-Luc Abito



Gabriella LoGiudice



Margaretann Frasca



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 keepsake 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.

**ArtiGras**  
Fine Arts Festival

FEATURE STORY

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# February

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# Tribute to Ron Quercioli

by his loving sister Sharon

Wow... Where do I begin?  
I just don't know where to start. I guess I'll begin with the many thoughts going through my head.

Ronnie... Why? Why did you have to leave us!

When I was growing up as a little girl I knew how much you adored me and I adored you. We were inseparable. I remember I use to go to all your baseball games when I was a little girl (maybe 6 or 7 years old), and you would bring my little chair and I would sit on the sidelines and cheer you on. When you would come off the field, you would throw me your glove, and I would hold it until the next inning. Boy, I felt like a queen holding your glove! We would always go for ice cream after the game. It was such a treat.

Then, as I got older, because you were a policeman, everytime I liked someone I could never let you know because you would have them checked out. Because of you and Daddy, I could never date until I was 16. I was raised so strictly. I'll never forget one day all of us teenagers would go to the Chester Plaza and hang out. There was a dance place there. A few of the teenage guys had motorcycles, and one asked me to go for a ride. Well, I knew better, my mother hated motorcyles and I was never allowed to ride one. Soooo... what did I do? Get on it and ride with this guy all around the plaza. I had a blast!! Well, I arrived home to find my brother waiting for me. He asked where I was and what was I doing. I said I was at the plaza with my friends. Well, not only did he know I rode the motorcycle, but I was grounded for two months!

My brother loved music and loved to dance. I owe it to my brother for loving the oldies music and jigger bugging. God how I loved jigger bugging with him!

I could go on and on with all the great stories. He was the love of my life, my squist ta maud, joe fa beets, buck a la (all of our nicknames), my Rock of Gibraltar, my second father growing up, my dancing partner and the biggest joker in the world. He never stopped teasing me. When I was in Ohio and younger, we did everything together.

Ronnie, since I moved away, we talked all the time, and, when you got a computer as a gift (I will never forget that day), I started to get 5, 10, 15 e-mails a day (jokes, stories, you name it)...so many things I could not read them all. So, I would save them, and, when I had time go through them and read them and make comments back to you, I would get so many stored up that it would take me hours to go through them. Then I would think to myself that I am going to have to tell



FEATURE STORY



you to stop sending me so many because I could not keep up with all of them.

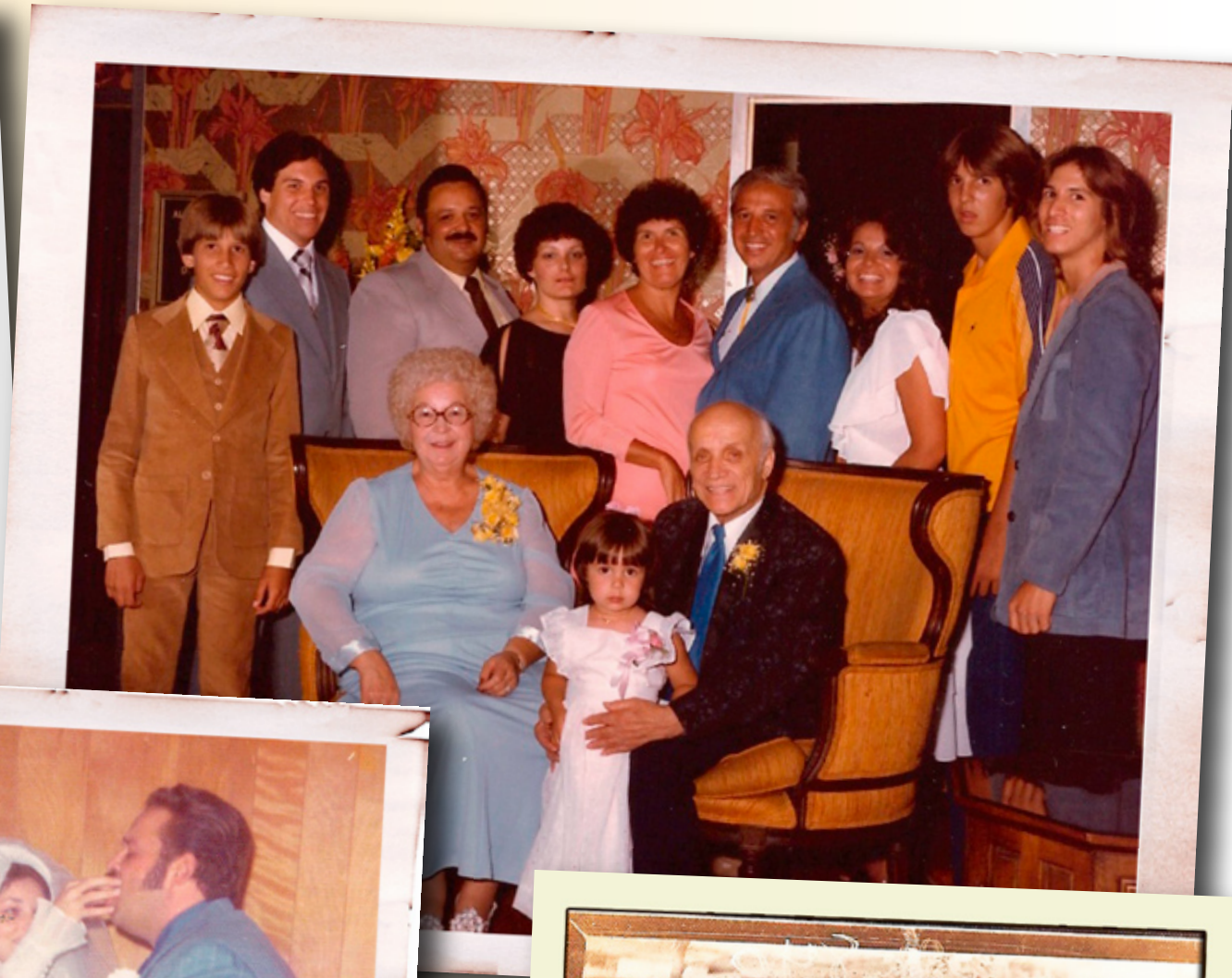
When he would call me, he would ask me if I had read certain ones. I would laugh and fake it sometimes, or just tell him I would get to them over the weekend. Boy, do I miss those fun times so much! Yes, I really do miss getting all those e-mails. I would give anything to receive an e-mail from him now.

I could go on and on about so many stories and so many good memories about my brother. I want to say that I miss you so very much. I miss your kidding, our nickname calling, our holidays, our talks, the CDs you used to make me of the oldies music, your many e-mails, and all the other things we did together.

I know you are at peace, and someday we will all be able to celebrate the good times together again. I know you are with mom and dad and that you are watching over all of us. I have such fond memories of when I would tell you that I loved you—you would always tell me that you loved me more!

So, in closing I am going to share with all of you one of my brother's e-mails. I believe you will appreciate its contents after you read it.

Happy Birthday Ronnie (Feb. 3rd), just remember, I love you more!



FEATURE STORY





But we didn't have the green thing back in our day.

We walked upstairs, because we didn't have an escalator in every store and office building. We walked to the grocery store and didn't climb into a 300-horsepower machine every time we had to go two blocks.

But she was right. We didn't have the green thing in our day.

Back then, we washed the baby's diapers because we didn't have the throw-away kind. We dried clothes on a line, not in an energy-gobbling machine burning up 220 volts—wind and solar power really did dry the clothes. Kids got hand-me-down clothes from their brothers or sisters, not always brand-new clothing. But that old lady was right, we didn't have the green thing back in our day.

Back then, we had one TV, or radio, in the house—not a TV in every room. And the TV had a small screen the size of a handkerchief (remember them ?), not a screen the size of the state of Montana.

In the kitchen, we blended and stirred by hand because we didn't have electric machines to do everything for us.

When we packaged a fragile item to send in the mail, we used a wadded up old newspaper to cushion it, not Styrofoam or plastic bubble wrap.

Back then, we didn't fire up an engine and burn

gasoline just to cut the lawn. We used a push mower that ran on human power. We exercised by working so we didn't need to go to a health club to run on treadmills that operated on electricity.

But she was right. We didn't have the green thing back then.

We drank from a fountain when we were thirsty instead of using a cup or a plastic bottle every time we had a drink of water. We refilled writing pens with ink instead of buying a new pen, and we replaced the razor blades in a razor instead of throwing away the whole razor just because the blade got dull.

But we didn't have the green thing back then.

Back then, people took the streetcar or a bus and kids rode their bikes to school or walked instead of turning their moms into a 24-hour taxi service.

We had one electrical outlet in a room, not an entire bank of sockets to power a dozen appliances. And we didn't need a computerized gadget to receive a signal beamed from satellites 2,000 miles out in space to find the nearest pizza joint.

But isn't it sad the current generation laments how wasteful we old folks were just because we didn't have the green thing back then?

Please forward this on to another selfish older person who needs a lesson in conservation from a clueless young person.



In the line at the store, the cashier told an older woman that she should bring her own grocery bags because plastic bags weren't good for the environment. The woman apologized to him and explained, "We didn't have the green thing back in my day."

The clerk responded, "That's our problem today. Your generation did not care enough to save our environment."

He was right—our generation didn't have the green thing in its day.

Back then, we returned milk bottles, soda bottles and beer bottles to the store. The store sent them back to the plant to be washed and sterilized and refilled, so it could use the same bottles over and over. So, they really were recycled.





*Glenn Swift, Sharon Quercioli, Eve and David Fine*



*Glenn Swift, Sharon Quercioli, Eve and David Fine, Marla and Steve Jacobson*



# Happy New Year!

PGA National Bring Homes the New Year in Style

by Glenn R. Swift

Three hundred New Year's Eve partygoers celebrated the stroke of midnight Palm Beach Gardens style in the Grand Ballroom at the renowned PGA National Resort & Spa. Featuring first-class live entertainment and a mouthwatering four-course meal courtesy of world-renowned chef, Gordon Maybury, patrons enjoyed a New Year's to remember. Special thanks to David Fine, PGA National's Vice President of Sales, Marketing and Revenue Development, and his beautiful wife Eve for including ***Our Wonderful World*** in what was truly a wondrous event.

For more information about the luxurious PGA National Resort & Spa, please visit [www.pgaresort.com](http://www.pgaresort.com).



GREEN GOINGS





*David and Eve Fine*



*Glenn Swift, Sharon Quercioli, Eve and David Fine*



*Sharon Quercioli, Marla Jacobson, Eve Fine*



*Steve and Marla Jacobson*



*Glenn Swift, Sharon Quercioli, David and Eve Fine,  
Marla and Steve Jacobson, and Friends*



*Sharon Quercioli, Eve and David Fine and Glenn Swift*





Roberto Larussi and Sharon Quercioli

Benefit Concert for Healing Touch Buddies Featuring  
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*Roberto Larussi*

*Hippocrates Health Institute, SeaView Radio, Krupnick Campbell & Associates  
and Our Wonderful World Media & Entertainment*

*Present*

## *"An Evening of Broadway and Romantic Classics"*

On Saturday, January 7 a packed house at the Eissey Campus Theatre in Palm Beach Gardens enjoyed a spectacular concert by one of the world's finest vocalists, Bocelli Award-winning tenor, Roberto Larussi.

Accompanied by the 14-piece Theatre Orchestra of Florida and conducted by Musical Director, Mark Giuliani, concertgoers enjoyed vocal and instrumental music from the Great White Way, Hollywood and beyond. Selections included popular selections from Les Miserables, Gone with the Wind, Titanic, West Side Story and The Godfather, as well as other romantic classics by many of the legendary composers, arrangers and performers of the stage and screen.



*Mark Giuliani and the talented musicians of the Theatre Orchestra of Florida*

GREEN GOINGS

Photography Courtesy of Robby Antonio





*Roberto Larussi*

Leading sponsors for the top-shelf event were Hippocrates Health Institute, SeaView Radio, Krupnick Campbell & Associates and Our Wonderful World Media. Other valued sponsors included: Nautical Southeast of Ft. Lauderdale; Sprouts!, Inc., West Palm Beach; SuperGreen Solutions, Lake Park; Lawrence and Donna Peters of West Palm Beach; Cory 1st Choice Home Delivery, a national company based in New Jersey and Pompano Beach; The Ritz Ballroom, Jupiter; Exhale Spa at the Omphoy, Palm Beach; and Bestway Carpet and Tile Cleaning, Jupiter.

VIP ticket holders enjoyed a post-concert reception in which patrons enjoyed the opportunity to meet Mr. Larussi, Musical Director Mark Giuliani and the talented musicians of the Theatre Orchestra of Florida.



*Glenn Swift, Sharon Quercioli, Lindsay Babich and Betty Ann Baker*



*Nancy & Chet Tart and Sharon Quercioli*



*Betty Ann Baker and Lindsay Babich*



*Lindsay Babich, Sharon Quercioli, Betty Ann Baker, Roberto Larussi and Jo Ann Pflug*



*Sean & Clare Cochrane and Friends*



*Sharon Quercioli, Drs. Anna Maria & Brian Clement and Lindsay Babich*





*Roberto Larussi*



*Mark Giuliani conducting The Theater Orchestra of Florida*



*Pam Cole, Roberto Larussi, Sharon Quercioli, Carole Crysler and Sue Chieco*



*Roberto Larussi and his Mother*



*Sharon Quercioli, Michael Mulach and Debbie Arcaro*



*Roberto Larussi and Ingrid McGrath*



*Jane Bruno and Martin Stevens*



*Roberto Larussi and Tricia Burke*



*Roberto Larussi*





*Roberto Iarussi*



*Sharon Quercioli, Irma Hirsch, Pam Cole, and Judy Calistri*



*Gene & Donna Hudon and Glenn Swift*



*Mark Giuliani*



*Lidsay Babich, Roberto Iarussi, and Betty Ann Baker*



*Mark Guilliani and Sharon Quercioli*



*Glenn Swift, Roberto Iarussi, and Sharon Quercioli*

*Healing Touch Buddies, Inc. is a Jupiter-based nonprofit health and education organization, dedicated to improving the quality of life of those challenged with breast cancer, providing patients with Healing Touch therapy free of charge for one full year and volunteer practitioners with instruction and support. The organization also gathers data on the impact of Healing Touch on specific symptoms associated with breast cancer and its treatment. Healing Touch Buddies, Inc. is a Susan G. Komen for the Cure Grantee, 2007-2011*







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# PEARLS OF WISDOM FROM THE GREEN GODDESS

## *Quote of the Month:*

“Drinking a daily cup of tea will surely starve the apothecary.”  
Chinese Proverb



## On Our Way to Slim and Slique

by Sharon Quercioli

Well...2012 is in full swing and all those New Year's resolutions of dieting and living a healthier lifestyle are proving to be a little more difficult than expected. Fortunately, Young Living has a new product on the market that will definitely help; it's called Slique Tea.

Slique Tea is not your grandmother's tea, but an exotic blend of Jade Oolong tea, Eucadorian Ocotea Leaf, Arabian Frankincense powder, Pure Vanilla Essential Oil and Amazonian Cacao. The truly unique property of this tea is that it has specifically been designed to greatly assist in the battle for weight loss. With its rich blend of flavonoids (a dietary compound generally associated with helping maintain certain normal, healthy body functions), Slique Tea provides a natural and delicious alternative to sodas and sugar-filled fruit drinks. It also contains catechins and polyhpeols, which may be useful as part of a successful weight-management regime when paired with physical activity and a healthy diet.

What makes Slique Tea so beneficial is its rare ingredients, which in and of themselves provide a slew of health benefits.





## Jade Oolong Tea

1. It has capacity to aid weight loss. Scientists from the University of Tokushima (Japan) proved people who drank two cups of oolong tea each day burned over 157% more fat than those who drank the same amount of green tea.
2. It can do wonders with combating the effects of aging skin, especially regarding wrinkles and dark spots.
3. It assists in preventing heart disease and cancer.
4. It helps reduce high blood pressure by lowering our LDL (bad) cholesterol level, and its polyphenols have positive effects upon our arteries.
5. It can help prolong and improve vitality, lifespan and brain power.
6. Regular consumption of oolong tea can result in a stronger immune system and improved abilities of our body to resist various inflammatory diseases including cold and flu.

## Pure Vanilla Essential Oil

1. Has calming effect upon the brain and numbs cravings
2. Numbs the nerves and gives relief from anxiety, anger and restlessness
3. Stimulates weight loss by significantly reducing a person's sweet food intake

## Amazonian Cacao

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4. Has a high source of Vitamin C

## Eucadorian Ocotea Leaf

1. Decreases glucose levels
2. Decreases triglyceride levels
3. Decreases blood pressure
4. Has anti-inflammatory properties

## Arabian Frankincense Powder

1. Digests and increases the oxygen levels in the body while moving out toxins



## How to Prepare the Tea

It is delectable served hot or cold. Slique Tea is a guilt-free staple with any diet regimen. Use daily before and after workouts, with meals, or any time you need a boost.

Bring 8 ounces of water to a rolling boil, let cool for 3 1/2 minutes. Place one pouch in a cup, mug or filter and add water. Steep for at least 3 minutes and add, if you wish, one of your favorite Young Living Essential Oils as desired.

To purchase Slique Tea or other Young Living products, go to [www.youngliving.org/owwmedia](http://www.youngliving.org/owwmedia) and scroll down toward the bottom of the page.



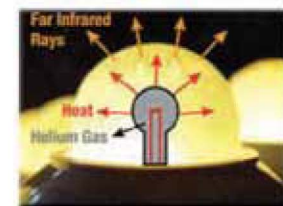
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# Hippocrates Health Institute

by Brian Clement, Co-Director of Hippocrates Health Institute

In the 1950s, visionary and humanitarian Ann Wigmore planted and cultivated a concept first voiced by Hippocrates, the Father of Modern Medicine, nearly 2,500 years ago: "Let food be thy medicine and medicine be thy food." Together with the brilliant Viktoras Kulvinskis, Wigmore nurtured this seed, creating a comprehensive institute that encouraged people to draw from their vast inner resources to transform the quality of their health and their lives. The commitment to this inspired truth is embodied in Hippocrates Health Institute (HHI), a nonprofit organization jointly directed by the compassionate hands of Drs. Brian and Anna Maria Clement since 1980.

The goal of the Institute is to assist people in taking responsibility for their lives and to help them realize and actualize an existence free from premature aging, disease and needless pain. Good health is our most prized possession, generating a positive mindset of confidence, enthusiasm, strength and joyfulness that can trigger a life of optimum achievement. Such vibrant health does not thrive by luck or by chance: like all things of great value, it must be tended and nurtured with care. This process can be confusing and intimidating, especially to those who rely solely upon hearsay and public opinion.

HHI cuts through the confusion and intimidation, offering a protocol that has been refined and perfected for over 50 years. This Life Transformation Program provides the guests at Hippocrates with a symphonic synergy of healing by combining a positive mental outlook, enzyme-rich nutrition and balanced exercise with proven therapies from around the world. These therapies include:

- *Oxygen Therapies (Hyperbaric, Infrared, Detoxification, Immuno-Boosting, etc.)*
- *Vitamin & Mineral Therapies*
- *Insufflated Chelator Therapy*
- *Cold Laser Therapy*
- *Electromagnetic Therapy*
- *Medical Nutrition*
- *Holistic Massage*
- *Neuromuscular Therapy*
- *CranioSacral Therapy*



*Top Left: Ann Wigmore and Viktoras Kulvinskis  
Bottom Right: Drs. Brian and Anna Maria Clement*

- *Colon Hydrotherapy*
- *Shiatsu*
- *Thai Yoga Massage*
- *Manual Lymphatic Drainage Therapy*
- *Reiki Treatment*
- *Acupuncture*
- *H-Wave Therapy*
- *Viofor*
- *Theragem*
- *Soma Bodywork*
- *Mind/Body Psychotherapy*
- *EMDR (Eye Movement And Desensitization & Reprocessing)*
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- *Loving Support and Care*





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This approach marries cutting-edge technology with proven traditions rooted in ancient civilizations. The result is a level of healing and awakening far greater than the sum of its parts. It is this level of healing that's garnered HHI countless accolades from all corners of the globe. More importantly, it has given guests at the institute the tools they need to heal catastrophic disease. This is the foundation of the Hippocrates mantra, "Helping People Help Themselves."

Past guests at Hippocrates Health Institute include Kris Carr and Paul Nison. Carr, who became a Hippocrates Health Educator, used what she learned at the Institute to help stop her cancer in its tracks. Carr went on to use many of the lessons she learned at HHI in her book, *Crazy Sexy Cancer Tips*. Author, lecturer and chef Paul Nison was diagnosed with inflammatory bowel disease, also known as ulcerative colitis or Crohn's disease, at age 20. He is completely cured today, due largely to his diet of raw food, which he learned about from Dr. Brian Clement at Hippocrates Health Institute.

*For more information about the institute, please visit [www.HippocratesInst.org](http://www.HippocratesInst.org). You'll also find links on the website to subscribe to HHI's e-newsletter or its printed magazine, *Healing Our World*. Both of these publications will help keep you up to date on the latest goings-on at the Institute, and throughout the world of natural health—and best of all they're both free.*

HIPP  CRATES  
HEALTH INSTITUTE

HEALTH & WELLNESS







## HIPPOCRATES HEALTH INSTITUTE

**For over half a century, Hippocrates Health Institute has helped people prevent premature aging, reverse disease and promote proper nutrition for optimal health and overall wellbeing.**

### ❧ *Hippocrates Life Transformation Program* ❧

Guests from all over the world benefit from health and nutritional counseling, non-invasive remedial and youth-enhancing therapies, state of the art spa services, inspiring talks on life principles and a tantalizing daily buffet of enzyme-rich, organic meals. Health-minded people attend the program in equal numbers to those who visit to reverse disease. For those who are new to the living food lifestyle, The Hippocrates Life Transformation Program makes this a comfortable transition. The medical team and professional care servers support guests as they transform their lives in an encouraging environment, along with others who are recovering from similar challenges. HHI alumni are people from all walks of life who have benefited from the institute's blueprint. They share stories of recovery that are considered miraculous by some, but are actually quite typical of people who have embraced the Hippocrates lifestyle. After graduating, alumni are afforded the privilege of periodic, lifelong, written counsel.

**Call (561) 471-8876 ext. 177 for more information.**



**HIPPOCRATES**  
HEALTH INSTITUTE

[www.HippocratesInstitute.org](http://www.HippocratesInstitute.org)



# THE ALMIGHTY CUCUMBER

by Sharon Quercioli

I looooooove cucumbers! In fact, I eat cucumbers and drink cucumber water every day. That's not all. I put them on my eyes because it is found that the caffeic acid in this vegetable helps to prevent water retention, and, when applied topically helps reduce puffy and swollen eyes. Then again, I also use them to eliminate bad breath and clean the faucets in my sinks. Even Lou Lou Belle (my Shitzu) loves cucumbers!

And girls...you'll like this one... Looking for a fast and easy way to minimize cellulite before going out or to the pool? Try rubbing a slice or two of cucumber along your problem area for a few minutes, the phytochemicals in the cucumber cause the collagen in your skin to tighten, firming up the outer layer, reducing the visibility of the cellulite. Works great on wrinkles, too!

Guys... Don't worry, I'm not going to leave you out. Want to avoid a hangover or terrible headache? Eat a few slices of cucumber before you go to bed and you'll wake up refreshed and headache-free. Why? Cucumbers contain enough sugar, B vitamins and electrolytes to replenish essential nutrients the body lost, keeping everything in equilibrium avoiding both a headache and a hangover.

Let me tell you a little more about this wonderful "melon." Yes, that's right! The cucumber is actually a type of melon and comes from the same family as watermelon, zucchini and other squash. Cylindrical in shape with lengths of approximately six to nine inches, the cucumber's

skin is very similar to watermelon, ranging from green to white, containing a high percentage of vitamin A and should not be peeled off. Inside, the flesh is pale green and very juicy. The cucumber is a tropical plant, but is also easily available in most part of the world.

## Nutritional Benefits

Cucumber contains most of the vitamins you need every day. In fact, just one cucumber contains vitamin B1, B2, B3, B5, B6, folic acid, vitamin C, calcium, magnesium, phosphorus, iron, potassium and zinc. Cucumber has an impressive amount of naturally distilled water (about 96%), making it superior to ordinary water. The cucumber also contains alkaline-forming minerals and is an excellent source of vitamin C and A (anti-oxidants), folate, manganese, molybdenum, potassium, silica, sulfur and lesser amounts of vitamin B complex, sodium, calcium, phosphorus and chlorine.

Here are 10 great ways that a cucumber can make your day brighter!

1. Feeling tired in the afternoon, put down the caffeinated soda and pick up a cucumber. Cucumbers are a good source of B vitamins and carbohydrates, which can provide a quick pick-me-up that can last for hours.
2. Tired of your bathroom mirror fogging up after a shower? Try rubbing a cucumber slice along the glass. It will eliminate the fog and provide a lovely spa-like fragrance.
3. Are slugs and grubs ruining your planting beds? Place a few cucumber slices in a small pie tin, and your garden will be free of pests

EATING WELL





all season long. The chemicals in the cucumber react with the aluminum and give off a scent undetectable to humans, but one that drives garden pests crazy and away from the area.

4. Looking to fight off that afternoon or evening snacking binge? Cucumbers have been used for centuries and were often used by European trappers, traders and explorers for quick meals to stave off starvation.
5. Realize you have an important meeting or interview and realize you don't have enough time to polish your shoes? Rub a freshly cut cucumber over the shoe; its chemicals will provide a quick and durable shine that not only looks great but will also repel water.
6. Out of WD-40 and need to fix a squeaky hinge? Take a cucumber slice and rub it along the squeaky hinge. Voila! The squeak is gone.
7. Stressed out and don't have time for a mas-

sage, facial or visit to the spa? Cut up an entire cucumber and place it in a pot of boiling water. The chemicals and the nutrients of the cucumber will react with the boiling water and be released in the steam, creating a soothing and relaxing aroma that has been shown to reduce stress in new mothers and college students taking final exams.

8. Just finished a business lunch and realize that you don't have gum or mints? Take a slice of cucumber and press it to the roof of your mouth for 30 seconds to eliminate bad breath. The phytochemicals will kill the bacteria in your mouth that cause bad breath.
9. Looking for a green way to clean your faucets, sinks or stainless steel? Take a slice of cucumber and rub it on the surface you want to clean. Not only will it remove years of tarnish and bring back the shine, it won't leave streaks and won't

harm your fingers or fingernails while you clean.

10. Using a pen and made a mistake? Take the outside of a cucumber and slowly to erase the pen writing. This also works great on crayons and markers that the kids have used to decorate the walls.

### Health Benefits

Many people are ignorant of the immense health benefits of cucumber. Fresh cucumber may taste "bland" to some, but its thirst-quenching and cooling properties are refreshing. Cucumber acts as an anti-oxidant when taken together with fried and barbequed foods. Here's a list of health benefits of the cool cucumber:

**Acidity:** The alkalinity of the minerals in cucumber juice effectively helps in regulating the body's blood pH, neutralizing acidity. The juice is also soothing for the treatment of gastric and duodenal ulcers.

**Blood Pressure:** Like celery, this colorless drink can help regulate blood pressure because of its minerals and traces of sodium.

**Connective Tissues:** The excellent source of silica contributes to the proper construction of connective tissues: bones, muscles, cartilage, ligaments and tendons.

**Cooling:** During dry and hot weather, drink a glass of cucumber and celery juice. It helps to normalize body temperature.

**Diuretic:** Cucumber juice is diuretic, encouraging waste removal through urination and aiding in the dissolution of kidney stones.

### Consumption Tips

Choose cucumbers that are dark green in color and firm to the touch. Avoid those that are yellowish or wrinkled at either end. (Remember, thinner cucumbers have fewer seeds than thicker ones.) Store cucumbers in the fridge to retain freshness. I love to sprinkle pink sea salt on mine for added flavor. Remember, cut cucumbers should be kept wrapped up or in an air-tight container and kept in the fridge. Consume within 48 hours.

### Caution

Where possible, buy organic as cucumbers may be waxed or have pesticides. If non-organic, wash cucumber under cold running water and scrub gently with a vegetable brush. It might also help to soak it for 5-10 minutes with 1-2 tablespoon(s) of apple cider vinegar and/or two drops of *Young Living's Lemon Oil*.

### Recipe—Honeydew and Cucumber Salad Ingredients

- 3 large cucumbers—peeled, seeded and cut into 1-inch pieces
- 1 honeydew melon—peeled, seeded and cut into 1 ½ inch chunks
- ½ cup vegetable oil
- ½ cup lemon juice
- ¼ cup white sugar

### Directions

Place the cucumber and honeydew melon chunks into a large bowl. Whisk together the vegetable oil, lemon juice and sugar in a small bowl until well blended. Pour dressing over the cucumber and melon; mix well. Allow to rest for 1 hour before serving. 🌍



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# Rekindling the Spark by Sandra Frens

As Valentine's Day approaches most of us are scurrying about in an attempt to come up with a romantic gesture for our beloved. Romance should never be put on reserve for just one day, but for many of us that's what seems to happen. These considerations of romance tend to permeate less and less of our routines the longer we have been in a relationship. In the beginning most couples tended to have that fire between them, but as time passes the love remains, but the passion just seems to fizzle.

So what can you do to rekindle the spark? For advice on this I asked my great aunt and uncle who have been married for over 65 years and still act like a couple of teenagers in love. What they told me could be boiled down to four key points:

## **1. Good communication between each other:**

This entails not just listening and responding to each other, but not expecting your partner to be a mind reader. Tell each other your wants, needs and frustrations so you can find ways to work things out.

## **2. Make some time for each other:**

Spend some quality time together enjoying an activity together. Even if it is something only your partner enjoys, occasionally showing your support of their fun can bring you closer. Yet, be sure that you give yourselves some time apart too. Absence really does make the heart grow fonder.

## **3. Physical closeness with each other:**

An act as simple as holding hands or sleeping in the same bed can make all the difference in the world. Being physically close to your partner brings you emotionally close to your partner.

## **4. Spontaneous gestures of love and thoughtfulness:**

Just do something nice for your partner. There doesn't need to be a special occasion to let your partner know you are thinking about them.

In this technologically filled age with all its distractions and trappings, it can be very hard to follow these four points of keeping romance alive. This is especially true when it comes to making time for each other, but there are measures we can take to keep the spark burning bright. Mark a day on your calendar (one you both will view on a regular basis) on which the two of you can spend the whole day together. Having it planned in your schedule will make it easier to keep the date. Occasionally, you may find yourselves in a rut on what to do on your dates. If this happens, look into getting some Love Coupons. Love Coupons consist of various date ideas and romantic gestures that you can do for your partner. They are a great way to get some variety back into your relationship and bring back the spontaneity.

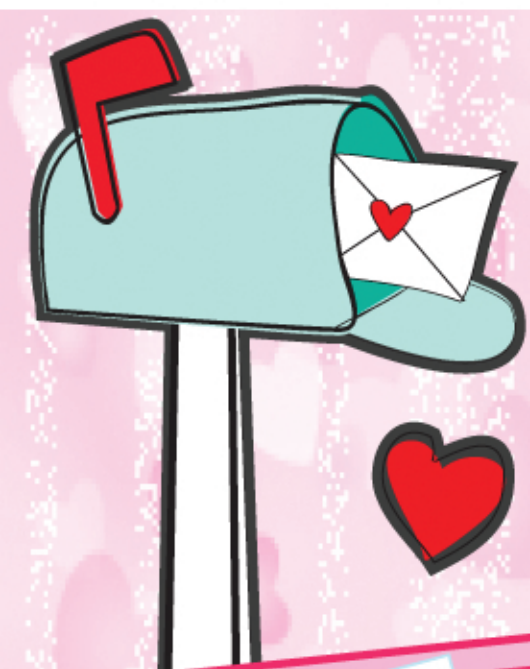
If you are looking for fun and exceptionally cute Love Coupons with some great date ideas, check out the Sprouts! website ([www.sproutem.com](http://www.sproutem.com)). Their Love Coupons really allow you to sow the seeds of love, because they are created from seed paper that grows into wildflowers when planted! They also have another product that can help show your beloved your romantic thoughts even if you cannot see each other often, Messages of Love. Messages of Love are 31 messages that promote a loving thought you can share with your partner. They are great for slipping in a briefcase, leaving on a pillow, packing with a lunch or anywhere your partner can find and share your loving thoughts. After receiving them, plant them and literally grow your garden of love together!

As you can see it takes some creativity, but rekindling the spark is possible. It just means the two of you have to take some steps and make sometime to achieve that level of romance again.

*For more information about Sprouts! and the Love Coupons and Messages of Love, please visit:*

[www.sproutem.com/category/Favors-and-Tags](http://www.sproutem.com/category/Favors-and-Tags).





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# Allianz Championship Announces Ambitious “Green” Goals For 2012 Tournament

**PGA Champions Tour Event Partners with The Smart Group to Reduce Carbon Footprint, Set Goal of 100% Renewable Energy and Drive Zero Waste by Vendors, Players and Spectators**

by Bonnie Kaye

The 12th annual [Allianz Championship](#), set for February 6-12, 2012 at Broken Sound Club in Boca Raton, Fla., announced plans to become the 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 with 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 a trailblazing, one-of-a-kind collaboration in sustainability,” said Allianz Championship Tournament Director Ryan Dillon. “We’re committed to ‘greening’ this event through a variety of channels including water use, energy and carbon footprint, environmental 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 nine percent 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 Tom Burns, chief distribution 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.”

## **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 trail-blazing 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.”

**The Allianz Championship Invites More Green Partners To Launch A Legacy**

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 in green” 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, hosted by Boca Raton Champions Golf Charities, will be driving all net proceeds to Boca Raton Regional Hospital. Teeing off at The Old Course at Broken Sound in Boca Raton, Florida from February 6-12, 2012, the Allianz Championship is the Champions Tour’s first full-field tournament of the season and the first of the early-season Florida swing. Those competing for the \$1.8 million purse include 2011 defending champion Tom Lehman, 2010 champion Bernhard Langer, Mark Calcavecchia, Nick Price, Jay Haas, Kenny Perry, Hale Irwin, Tom Kite, Fuzzy Zoeller, Peter Jacobsen, and Curtis Strange. The Golf Channel will be televising live all three rounds of the Championship.

2012 Allianz Championship is supported by a committed group of platinum sponsors that include title sponsor Allianz Life, presenting sponsor Insperity, City of Boca Raton, JM Lexus, Championship Pro-Am sponsor Konica Minolta, 3M, and The Old Course at Broken Sound Club and tournament the beneficiary Boca Raton Regional Hospital. Additional sponsors include the International Green Energy Council, Southern Waste Systems, Office Depot and many more. The City of Boca Raton, JM Lexus, 3M, The Old Course, Penn Florida Companies, Flagler Development, and Kaye Communications Public Relations & Marketing have been sponsors of the event for all six consecutive years the tournament has been in Boca Raton.



For updates, to purchase VIP tickets, and learn more about sponsorship and volunteer opportunities, visit [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>		



# Fish for Dinner? Take a Pass on the Chilean Sea Bass

by Radio Green Earth Correspondent Chris Cherniak

**P**ity the poor Chilean Sea Bass. It's neither from Chile or a Sea Bass. Its unattractive looks are only outdone by its even more unattractive original name, the Patagonian Toothfish. Here's the worst part (if you're the fish at least), it tastes really good and chef's love it for its color, texture, oil-rich flesh and cooking qualities.

As a result, Chilean Sea Bass have been overfished to the point that their current populations are unsustainable. So if it's on display at your local market or offered on a menu, and not labeled as certified, there's a good chance it's been illegally caught. Avoid it until more sustainable fishing policies and practices are in place. At \$25 per pound (and \$38 per plate), that shouldn't be too difficult. Patagonian Toothfish is found in the deep waters of the southern Atlantic and Pacific Oceans, along with underwater shelves around the Antarctic. They feed

largely on squid, fish and prawns. In turn, they are food for sperm whales, elephant seals and giant squid. They average about twenty pounds when commercially caught, but can exceed over seven feet and 400 pounds in size.

They are capable of living for up to fifty years, but don't begin to reproduce until they are around 9 or 10 years old, which is about the same time they become large enough for harvest. Therefore, many females reach market size before they reach sexual maturity. As sustainability goes, that's a worst case scenario.

The methods used to catch toothfish also cause problems. Bottom trawling can damage seafloor habitat, collect juvenile fish and other unwanted bycatch. And miles of baited longline gear can fatally hook and drown endangered

endangered albatross and other seabirds as they take the baited hooks at the surface and then drag them down as the gear sinks.

The Chilean Sea Bass is listed as a "fish to avoid" by the Monterey Bay Aquarium on its Seafood Watch list due to overfishing and potentially high levels of mercury, which bioaccumulate within older fish.

At present, only the South Georgia and Ross Sea Patagonian Toothfish longline fisheries are certified as sustainable to the standard of the Marine Stewardship Council (MSC). The MSC is an independent nonprofit organization that has developed an environmental standard for sustainable and well-managed fisheries. The MSC product label can be found at [www.msc.org](http://www.msc.org).

All restaurants and stores that sell Chilean Sea Bass should have the MSC "Chain of Custody" certification. Legitimate sellers should be able to produce this document when consumers ask. If the certificate is not available, don't make the purchase. Note: according to the Monterey Bay Aquarium, this fish also goes by the names of Antarctic Cod, Black Hake and Icefish, so don't be fooled by those names.

However, at the end of the day, it's all about us, the ones with the forks in our hand, that matter most. If we don't choose it, the chef won't buy it; and if we don't ask for it, the fishmonger won't stock it. So, until its populations recover, illegal harvesting is shut down, and more sustainable fisheries are certified, simply "Pass on the Chilean Sea Bass."

*"Radio Green Earth" is an award-winning weekly program produced for Public Radio focusing upon environmental education. For more information about Radio Green Earth, please go to [www.radiogreenearth.org](http://www.radiogreenearth.org).*





# Ask The Energy Expert Prioritized Energy Upgrades

by Scott Ranck



So, you've made a New Year's resolution to lower your energy costs this year, and you are wondering where to begin. Thankfully, I've read your e-mails and will attempt to provide an accurate scientifically based answer to your question. Let's say for example that your home was built in the 1990s and that you would like to do the upgrades that make the most sense and will ultimately save the most money. There is an order that makes sense.

First, let's consider where our energy goes in the average Florida home. As you know, everything depends upon the usage patterns of the family, but generally cooling is our biggest cost. If your home has central AC, it will be 33%+ of your total energy costs annually. The next biggest coming in between 16-20% of your energy costs will be water heating. Refrigeration will come next. You can then lump most your other household appliances together for the next category. We now have what I will refer to as "plug count," meaning how many things you plug into that use energy. This factor is getting bigger as you have big screen TVs, computers running all day and night, etc. If you have a swimming pool, your pool filter pump has an impact upon your electric bill. Lighting is not a major factor, though it can be improved.

The prioritized list would follow this order. First, seal the envelope. "Air sealing" as it is called is to tighten up the envelope of your home to keep the hot, humid Florida air from infiltrating so readily. This includes sealing around windows, doors, can lights, receptacles, etc. Second, I would want to make sure my insulation is up to standard. R-30 in the ceiling is the most you can put in and still be cost effective. You may also consider

having a radiant barrier installed. There isn't much you can do cost effectively with masonry walls. Unless your windows are terrible, I don't recommend replacing them, but you may have a reflective tint installed on your current windows. These elements improve your buildings envelope. You may want to check with your electric utility because many pay rebates on these upgrades.

When your major appliances need replacing, consider upgrading your AC to at least a SEER 15. Require your HVAC contractor to do an accurate load calculation because all your other upgrades to the envelope will change the size of air conditioner you need. Size is referred to as "Tons" in the AC world. Bigger is not better. Properly sized AC systems are imperative to the health of your home. The latest science on AC sizing is based upon the amount of BTUs of energy required to cool your home, not the volume of air. Energy upgrades to the envelope reduce the BTU load needed to cool your home. When your water heater fails, consider going with a natural gas tankless if gas is available to you. Solar water heating will still require either gas or electric backup. Both your natural gas and electric utilities may offer conservation rebates for upgrading your home's energy performance.

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 [srancck@fpuc.com](mailto:srancck@fpuc.com).



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# Loving Kindness

by Betty Ann Baker  
Executive Director Healing Touch Buddies



chesed    misericordia    agape    Mettā  
traditions of loving-kindness

February...and love has center stage. For the months preceding, we shared in celebrations of gratitude and thanksgiving. Christmas, Hanukah and New Year's focused our spirits upon miracles, enlightenment, giving, self-evaluation, potential and new beginnings.

To continue to bring the best of ourselves forward into this New Year will rely first upon nurturing our own internal environment of self-love and acceptance. Insuring and supporting our choice to bring more peace to the world by our own actions essentially comes by developing a practice of giving loving-kindness to ourselves first. Spiritual traditions are rich with guidance, providing beautiful meditation and prayer practices to attain self-forgiveness and freedom from habitual self-criticism and doubt. As we affirm our own worth, the energy of loving-kindness bathes all levels of our interactions and beyond; our gift for a better world.

*May I be happy. May I be well. May I be  
safe. May I be peaceful and at ease.*

Extending our loving-kindness outward to those who guide and teach us, to our beloved, to our family and friends, seems obvious. Of course, we strive to be kind, forgiving, generous with our time, our attention to those we know and care for.

*May you be happy. May you be well.  
May you be safe.  
May you be peaceful and at ease.*

Now we extend our practice of loving kindness out into the world. The evenness of loving-kindness flows from each of us in our interactions with those who pass us on the highway, stand in front of us in the crowded grocery store, or are on the other end of the phone line to help us sort out an issue of customer service!

*May they be happy. May they be  
well. May they be safe. May they  
be peaceful and at ease.*

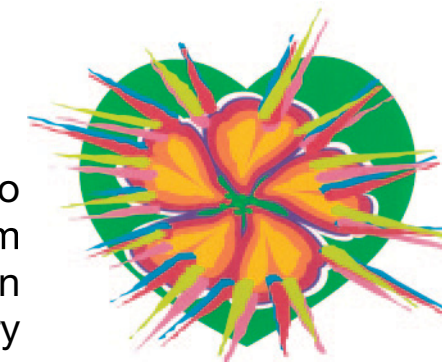
There may be those for whom we find it difficult or challenging to consider including in our extension of the gift of loving-kindness. We must not judge our feelings harshly. The simple act of consciously including them, regardless of the circumstances, will move us toward freedom from the attachment they perhaps now have on us. We begin to experience our place in blanketing all living beings in unconditional love, experiencing less separation and realizing oneness and belonging.

*May we happy. May we be well.  
May we be safe.  
May we be peaceful and at ease.*

As we enjoy this month of exploring love in all its facets and beauty, know that every act of kindness will be felt. Every choice to greet another with loving-kindness will bring more and more peace to each other and to the world.

For more, follow these links to meditations on loving-kindness: \*The Metta Institute  
[www.mettainstitute.org/mettameditation.html](http://www.mettainstitute.org/mettameditation.html)

A Guided Meditation on Loving-Kindness by Stephen Levine  
<http://theoquest.com/personal/prayer/?fa=med-kindness>



*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 HTB, please visit [www.healingtouchbuddies.org](http://www.healingtouchbuddies.org).*

NONPROFIT/CHARITY



# Is Recycling Really That Important?

by Richard Hawkins

A recent estimate by the EPA indicated that only about 30% of waste materials get diverted from the landfill.

Since it is not mandated in South Florida, I can drive through neighborhoods and find no recycling bins on the curb on collection day. Most of the world is taking this recycling thing pretty seriously. Why not us? I guess it is because we feel it is just not important or worthy of the effort needed to sort our waste. If we did care, we might help to conserve our finite supply of natural resources including fossil fuels, mined materials and forests. We might save energy and reduce pollution and the effects of climate change. We might help defer the need for new landfills for the mountains of trash we create. But it's not a big deal. Our kids can deal with this when they get older, right? Or maybe we can help them out a little.

A recent estimate by the EPA indicated that only about 30% of waste materials get diverted from the landfill. The report stated that about 184 billion pounds of material go unrecycled each year. While we collect more than half the aluminum thrown away, less than 20% of PET plastic bottles are recycled. While we would expect that these unrecycled materials would end up in landfills, the facts are that enormous amounts of it end up in nature. It is hard to ignore evidence such as the "Great Pacific Garbage Patch" and the effects of this waste.

It is also hard to ignore the effects of our waste management on our environment. In 2000, the National Recycling Commission noted that recycling of solid waste prevented the release of 32.9 million metric tons of carbon equivalent into the atmosphere. Methane is a much more serious greenhouse gas threat and its effects are 20 – 30 times more potent than carbon dioxide. Municipal landfills are the prime source of methane emissions from human causes and are estimated to account for about 34% of these emissions.

Our forests are rapidly disappearing and much of the timber is used for virgin paper production. The forests

are our planet's lungs, consuming carbon dioxide and creating oxygen. They are home to countless plant and animal species, many which are on the brink of extinction. We still use paper in vast quantities. Production of recycled paper uses 80% less water, 65% less energy and produces 95% less air pollution. Why would we not insure that none of this raw material is wasted by going into the landfill?

Only 2.5% of the planet's water is fresh and less than 1% of that is available for human consumption. Waste disposal and manufacturing of virgin materials is polluting our drinking water supplies. Levels of mercury are increasing in our oceans and lakes.

Localecopia is committed to sustainability. Truly effective recycling needs to be present at any household, community, state and nation that is serious about sustainability and the future. We really need to take the long view and spend less time on our wants of today. Why not make recycling your policy and demand a mandate from those that represent us? We are on this planet for a very short time. We really need to protect the future of those we leave behind.

*Richard Hawkins is the Co-founder of Localecopia—a nonprofit organization based in Palm Beach, Florida focused upon bringing businesses, producers, educators and government organizations together for the purpose of lessening our carbon footprint by supporting local product consumption, helping operations better utilize waste and bringing together individuals to help achieve sustainable business practices. For information about Localecopia, please visit [www.localecopia.org](http://www.localecopia.org).*



NONPROFIT/CHARITY



# Prospecting Part 1

## Cold Calling

by John Carr



Prospecting when defined for business is to search for potential customers or buyers. There are several ways to prospect: advertising, existing clients, networking, referral partners and cold calling. The two most hated words for sales people who have to prospect are: “Cold Calling”! Some people call it cold walking or knocking. The bottom line is that when we walk into or call into an environment that is not expecting us—it is “cold.” Ninety percent of my business comes from referral partners, but this takes time, and in the beginning you may have to cold call.

**“I must admit that I have made some of my biggest sales by cold calling, and I used to really enjoy it.”**

My experience with cold calling, knocking, walking (whatever you want to call it), networking and sales started at the ripe old age of 10 when I became a very successful card and stationary salesperson. I started with my neighbor and worked my entire development, continuing from there.

I must admit that I have made some of my biggest sales by cold calling, and I used to really enjoy it. Why was I so successful at it? This is actually a two-part answer. Number one, I had no choice. In some businesses it is necessary to get your pipeline filled and get some activity going. Even though we train our clients in a way as not to have to cold call, there are times when you just have to prospect this way until you have a referral partner team and a full pipeline.

Number two is that I have a plan. Cold Calling Objective: To set an appointment and/or qualify and gather information. Pick the times that you are going to cold call, and put it on your calendar.

**“You cannot rely solely upon cold calling to build your business.”**

When I first started selling office equipment, I cold called three days a week. I would cold call in person from 9am and finish up around 12:30. I would drive to the office, eat lunch at my desk (or in the car on the way to the office) and start hitting the phones by 1:30 pm until 6:00pm. When cold calling on the phone, pick a vertical market and stick to it. When cold calling in person, pick an area or zip code you are going to target and stick to it until you are finished. Work the complete area before moving onto the next one.

Tracking the cold calling is vital to it being of any value. It is important to have an electronic customer relationship managing system in place. This will allow you to follow up properly on any cold calling you may be doing.

You cannot rely solely upon cold calling to build your business. You must do other activities. The best form of prospecting is networking and building your referral partner team.

*John Carr is the President of JRC Consulting group, a sales training company that trains salespeople and helps companies in hiring new staff.*







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JRC Consulting Group was founded by John Carr in April of 2008. During the past 20 years, John has developed sales and business networking systems from his many successful endeavors in the networking and sales world. JRC's programs have a proven track record and can be tailored to work effectively for your business.

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# Bob Lappin and The Palm Beach Pops Honor the Legacy of Louis Armstrong

by Denise Grunder



Bob Lappin & The Palm Beach Pops celebrate the great Louis Armstrong with Tony Award Winner Lillias White and renowned trumpeter and vocalist Longineu Parsons to honor the everlasting legacy of this legendary musician. With a six-night South Florida engagement entitled "Wonderful World: A Salute to Louis Armstrong," this concert will run February 6 -11, 2012.

Fans will swing to the sounds of classic Armstrong standards such as "Hello Dolly," "Mack the Knife," and "Wonderful World," among many other favorites.

Recognized as a founding father of jazz, Louis Armstrong made a profound impact upon popular culture as one of the first great celebrities of the twentieth century. His legacy lives on to this day the world over as many musicians seek to imitate his exciting, innovative style. Armstrong's easy, unassuming manner, great sense of humor and upbeat outlook endeared him to everyone he encountered. He recorded hit songs for five decades, performed an average of 300 concerts each year and appeared in more than thirty films.

## Lillias White

A Brooklyn native, White made her Broadway debut in Barnum in 1981. White earned a Tony Award for The Life and an additional nomination for Fela! White's other Broadway credits include How to Succeed in Business Without Really Trying, Cats and Once on This Island. She also received an Emmy Award for her portrayal of Lillian Edwards on Sesame Street.

Lillias White joined the cast of Love, Loss and What I Wore on January 4, 2012 at off-Broadway's Westside Theatre and will appear in the show through January 29th.

## Longineu Parsons

Parsons has been hailed by critics internationally as one of the world's finest trumpet players. He is also a master of the recorder, flute and percussion, as well as an acclaimed singer of the blues. His music crosses genres and defies classification. It's jazz, it's funk, it's blues, it's classic, it's urban, it's world fusion, it's good. Parsons' music serves as a metaphor for crossing restrictive boundaries that separate people and confine human potential.

Over his 25-year career, Longineu has performed in some thirty countries and has shared the stage and recording studio with Cab Calloway, Nat Adderley, Cecil Taylor, Nancy Wilson, Joe Williams, Herbie Mann, Frank Foster, Wylliff Gordon and many others.

## TICKETS

- February 6 & 7 at 8pm – Kravis Center, West Palm Beach
- February 8, 10 & 11 at 8pm – Kaye Performing Arts Auditorium at FAU, Boca Raton
- February 12 at 8pm – Eissey Campus Theatre, Palm Beach Gardens

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[www.palmbeachpops.org/armstrong](http://www.palmbeachpops.org/armstrong)



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GREEN GOODIES





# Meet the Team...

## SHARON QUERCIOLI

Named 2011 Woman of the Year by the Northern Palm Beach County Chamber of Commerce, 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!"

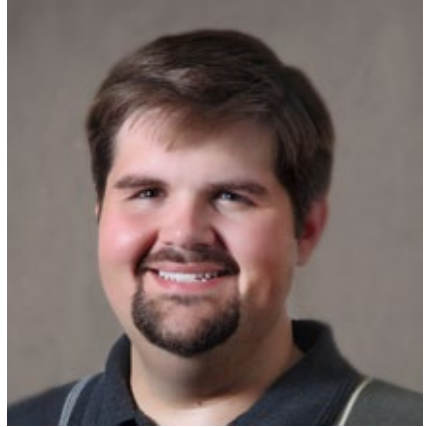
Kristin is no stranger to green initiatives as she worked vigorously with two insurance agencies helping them transition to a paperless environment. "It is really important to me to recycle and do as much as possible to save our precious planet. I have two young children and teach them every day the 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





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