



# Our Wonderful World

July, 2012  
Volume 3 :: Number 7

The Art of Living Green 



Walk Along a  
Garden Path  
*Bok Tower Gardens*

Are Mermaids  
Real?

Happy Birthday  
America!

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Our Wonderful World  
Volume 3 Number 7





# Table of Contents

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



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Our Wonderful World  
Volume 3 Number 7

## Contributors and Advertisers

## Letter from the Publishers

## Feature Story

Walk Along a Garden Path  
*Teresa VanDyk Marshall*

## Cover Story

Are Mermaids Real?  
*by Glenn R. Swift*

## Hot Deals

## Green Goings

Resource Depot Hosts  
5th Annual Evening for the Earth  
*by Glenn R. Swift*

Northern Palm Beach County Chamber  
Hosts Leadership Awards  
*by Glenn R. Swift*

Palm Beach County Green Schools  
Hosts Awards Luncheon  
*by Glenn R. Swift*

Northern Palm Beach County Chamber  
Hosts CEO Connection  
*by Glenn R. Swift*

Hospice of Palm Beach County  
Hosts 13th Annual Horizons Fishing Tourney  
*by Lauryn Barry*

## Health & Wellness

Pearls of Wisdom from the Green Goddess:  
The “Skinny” on Weight Loss  
*by Sharon Quercioli*

Massage Benefits the Mind, Body & Spirit  
*by Karen Levine Cantor*

Modern-Day Medicine Man  
*by Taylor Myers*

## Eating Well

Eight Health Benefits of Zucchini  
*by Sharon Quercioli*

## Going Green

Happy Birthday America!  
*by Sandra Frens*

Ask the Energy Expert :  
How Can I Know the Truth?  
*by Scott Ranck*

Pillow Talk:  
Case of the Missing Zzzzz's  
*by Teresa VanDyk Marshall*

## Nonprofit/Charity

A Healthy Hamburger?  
*by Richard Hawkins*

## Business

Time Wasters Salespeople Need to Avoid  
(Part 2 of 3)  
*by John Carr*

## Green Goodies

## Meet The Team



## Contributors and Advertisers

**David Randell Photography**

**Evo Merchant Services**

**Fashion Forward Palm Beach**

**Florida Public Utilities**

**Greater Good Alliance**

**JRC Consulting Group**

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# Our Wonderful World

The Art of Living Green

### President & Co-Publisher

Sharon Quercioli

### Operations Manager

Kristin Purcell

### Editor in Chief & Co-Publisher

Glenn R. Swift

### Webmaster/IT Coordinator

Sean Reed

### Art Director

Sandra Frens

### Contributing Writers

Lauryn, Barry,  
Karen Levine Cantor,  
John Carr, Sandra Frens,  
Teresa VanDyk Marshall,  
Taylor Myers, Sharon Quercioli,  
Scott Ranck and Glenn R. Swift

### Contributing Photographers

David Randell, Kelly Wagner  
and Sharon Quercioli

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Welcome to the July, 2012 issue of ***Our Wonderful World***, Florida's leading green digital magazine. Our cover story, "Are Mermaids Real?" calls attention to the speculative documentary recently aired on Animal Planet regarding the controversial evidence for the so-called Aquatic Ape Hypothesis. We've also included links to some fascinating videos on the subject. So, are mermaids real? Read the story and you decide!

This month is a very special month for our country, and we have to thank Sandra Frens, for "Happy Birthday America." We also have a number of eco-conscious events in our Green Goings section, and if you live in Palm Beach County, you might just see someone you know...maybe even yourself! This issue also features a "Hot Deals" page, a first for ***Our Wonderful World***. Be sure to check out our new page because great deals are just a click away!

Teresa VanDyk Marshall has written two great stories: "Walk Along a Garden Path," which features the magnificent Bok Tower and Gardens in Lake Wales, Florida, and "Pillow Talk," which gives some great tips for those of us who sometimes have a little trouble getting the rest we need.

Our energy expert, Scott Ranck of Florida Public Utilities, educates us as to how we can best determine who to trust when purchasing energy-saving equipment, while Richard Hawkins of Localecopia sheds light as to whether or not there really is such a thing as a healthy hamburger.

The Green Goddess enlightens us once again with two more ways to nourish and nurture our body in "Pearls of Wisdom — The "Skinny on Weight Loss" and "8 Health Benefits of Zucchini" in our Eating Well section, which includes one of the Goddess' very own secret recipes.

Salespeople seeking some great advice on time management should be sure to read John Carr's "Time Wasters Salespeople Need to Avoid (Part 2)."

Yes, there's a whole lot more in store for you, too. So, get clickin' and enjoy the newest issue of ***Our Wonderful World!***

Sincerely,



***Sharon***

Sharon Quercioli,  
*President*  
sharon@owwmedia.com



***Glenn***

Glenn Swift,  
*Editor in Chief*  
glenn@owwmedia.com

FROM THE PUBLISHERS



# Walk Along a Garden Path For Your Health

by Teresa VanDyk Marshall

*"I have two doctors, my left leg and my right."  
- British Historian George M. Trevelyan*

A beautiful scene... A moment of silence... A deep breath of fresh air... A moment unplugged...

It seems these days, we are all plugged in somehow or another. While staying connected with our friends, colleagues and loved ones are more convenient now than ever, and enjoying a peaceful "unplugged" moment is increasingly rare in today's fast paced world. It's not surprising that stress and fatigue abound.

We were most inspired by research into the little known benefits of taking a nature walk. Besides the serenity and relaxation one can enjoy, studies show there are actual medical benefits that can be realized when walking in a park. With gardens and parks accessible virtually everywhere across our nation, locations to escape to are seemingly endless.

And for our Smart phone readers, we regretfully must add that there is no app that replaces a nature walk...yet.

Two doctors in particular have taken it even a step further, saying the health benefits of walking in a park make the activity worthy of a medical prescription. Dr. Kay Judge and Dr. Maxine Barish-Wreden of Sacramento, California had their studies published in a 2010 Seattle Times article.

Their studies revealed:

- Green environments reduce stress, depression and anxiety.
- Green environments improve the function of the body's immune system.
- Green environments lower blood pressure.
- Green environments lower concentrations of the stress hormone cortisol.

Supporting these doctors' findings, The New York Times published an article about a Japanese study with 280 healthy people in Japan who were asked to participate in researching the health benefits of Shinrin-yoku or forest bathing. Some were asked to walk through a wooded area for a few hours, while others were asked to walk through an urban area. On the second day, the groups traded places. The scientists found that walking among the plants produced "lower concentrations of cortisol, lower pulse rate and lower blood pressure."

*Bok Tower Gardens*





Their Rare Plant Conservation Program has won two recent state conservation awards. Dutch immigrant Edward Bok, Pulitzer Prize-winning author and world peace advocate, dedicated the Gardens as a gift to America in 1929. Woodland paths, groves and historic Olmsted gardens surround the 60-bell, 205-foot Singing Tower carillon, one of the world's greatest architectural treasures. The Gardens also host various special events throughout the year, from art exhibits to musical performances.

With more than 600 acres of conservation lands and endangered plants, visitors can walk the  $\frac{3}{4}$  mile Pine Ridge Nature Preserve Trail through a 100-acre endangered Longleaf Pine/Turkey Oak and Sandhill ecosystem. Visitors can also view many endangered plants and animals found nowhere else in the world.

Becoming a supporter of their garden also has its rewards. Garden members can enjoy reciprocal discounts at gardens and botanical centers across America.

#### **Fairchild Tropical Botanic Garden, Miami**

Since 1938 Fairchild Tropical Botanic Garden has assembled an outstanding collection of taxonomically arranged and well-documented tropical plants, emphasizing palms, cycads, flowering trees and shrubs, vines and fruit trees. Except for certain cultivated plants and critically endangered species, many of these plants are collected from the wild. These collections are now a resource of world significance. They also are an important local resource, providing the beauty which makes Fairchild a major cultural and visitor attraction, as well as offering a basis for education, research and conservation.

#### **Secret Woods Nature Center, Dania Beach**

Broward County's first nature center, which opened in September of 1978, comprises three vegetative communities found along and influenced by the New River: an inland freshwater cypress/maple wetland, a pond apple/mangrove community along the river, and, farther inland, a laurel oak hammock. The 57-acre site is now designated as an Urban Wilderness Area.

Butterfly Island is one of the newest additions to the Nature Center, a 3,800-sq. ft. butterfly garden with a 250-foot mulched path leading through it. Commonly

seen butterflies here include the Monarch, Zebra Longwing, Cloudless Sulphur, Queen, Gulf Fritillary, Giant Swallowtail and Atala Hairstreak.


#### **Morikami Gardens, Delray Beach**

Morikami's gardens feature various elements creating a natural sanctuary, including the sound of relaxing waterfalls, creaking of the bamboo trees in Bamboo Grove and several peaceful areas off the main path. In addition, the strong cultural influence creates a getaway to Japan, away from busy life in South Florida.

Participants in the grant-funded Stroll for Well-Being program express profound and positive changes in their outlook on life, ability to cope and find peace. In the words of one participant, "The beauty of Morikami has truly improved me, physically and mentally."

Morikami is dedicated to preserving our environment in maintaining the garden and facility, including practices such as recycling water for irrigation and using environmentally friendly pesticides and fertilizers. In addition, Morikami is dedicated to recycling, from the museum offices to festivals to the Cornell Café.

#### **Society of the Four Arts Gardens, Palm Beach**

After a major reconstruction project, the Four Arts Gardens combine a variety of landscape architectural styles and features to create an eclectic garden full of ideas and inspiration. Artistic sculptures and fountains further enhance this stunning garden masterpiece. The Garden Club of Palm Beach and The Four Arts Gardens work in a partnership that goes all the way back to 1938 in cultivating this oasis of lush beauty for visitors and gardening enthusiasts to enjoy. 



Interestingly, the scientists in that same article state the benefits are not all in our head. They claim that a major contributing factor are the phytoncides nature walkers are exposed to, airborne chemicals that plants emit to protect them from rotting and insects, which also seem to benefit humans.

Having an understanding of the physiological benefits of taking time in a garden, we have compiled this brief list of a few popular parks here in Florida that we'd like to share with our readers.

#### **Bok Tower Gardens, Lake Wales**

Bok Tower Gardens has been voted Florida's "Best Garden" by readers of Florida Monthly Magazine, and it's easy to see why.



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\*\* Service Reactivation rebate is available in Palm Beach, Broward, Volusia, Seminole, and Marion Counties only.



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# Are Mermaids Real?

by Glenn R. Swift



For countless centuries, ancient mariners recounted stories of the legendary mermaid. Fascinatingly, these strangely magnificent sea creatures continued to show up in the writings of numerous cultures for thousands of years. Many of these cultures had no contact with each other; yet, their descriptions of these wondrous “almost human” beings were strikingly similar. How could this be? Is there any scientific evidence to support their existence?

Well...yes, there's evidence. Of course, as any good scientist (or lawyer for that matter) will tell you—all evidence is not proof. But yes, there's evidence and this evidence was the focus of a speculative documentary recently aired on *Animal Planet*: "Mermaid: The Body Found."

## So what is this evidence?

Some researchers in the scientific community have suggested that millions of years ago, during a period of massive coastal flooding, it is likely that some of our human ancestors moved inland, while others went into the ocean in a search for food. This theory forms the basis of the show, and, while the idea that mermaids might be real may sound absurd on the surface, filmmaker Charlie Foley says further study suggests it might not be “all wet.”

"There are cases of animals going from terrestrial to aquatic," Foley told The Huffington Post. "And when you look at what makes

humans unique among other terrestrial animals, it raises some interesting questions on whether mermaids might be plausible."

## Aquatic Ape Hypothesis

Was man more aquatic in the past? Sir Alister Hardy (1896-1985), one of Britain's most famous marine biologists, definitely thought so.

Hardy was the first to propose this idea back in 1960 in a New Scientist article, "Was Man More Aquatic in the Past?" His idea became known as the highly controversial Aquatic Ape Hypothesis. Interestingly, Hardy had first come to support his groundbreaking theory some thirty years earlier, but kept it to himself out of fear that his radical idea might very well jeopardize his esteemed position. (Hardy went on to a renowned academic career as a Professor of Zoology at Oxford and in 1957 was knighted by Queen Elizabeth II in recognition of his monumental contributions to the field.)

The Aquatic Ape Hypothesis supports the idea that during the transition from the last common ancestor we shared with apes to hominid (human), humans went through an aquatic stage. This stage is believed to have resulted in “aquatic ape-like” creatures.





The Aquatic Ape Hypothesis makes it possible to believe that while we evolved from apes into terrestrial humans, our aquatic relatives turned into something strangely similar to the fabled mermaid. As evidence that humans once evolved into aquatic creatures, the theory cites some of the striking differences between man and other primates and the many features we share with marine mammals, such as:

- Webbing between fingers (other primates don't have this)
- Subcutaneous fat (insulating from cold water)
- Control over breath (humans can hold breath up to 20 minutes, longer than any other terrestrial animal)
- Loss of body hair (hair creates drag in water)
- Instinctive ability to swim (human babies are able to do this)
- A highly developed brain, which depends on nutrients provided by seafood

Today, the leading advocate for this theory is another Brit, Elaine Morgan. A distinguished author, Morgan has written a number of books over the past forty years supporting Hardy's idea. A doctor of letters from Wales, Morgan is a writer by trade, but her work has garnered increasing acceptance among the scientific community. In fact, like her mentor, the now 92-year-old Morgan was knighted three years ago for her "services to literature and to education."


To the right is an Aquatic Ape Theory chart that Morgan has put together, highlighting the similarities between humans and aquatic creatures, and the differences between humans and other primates:

Characteristics	Humans	Apes	Savannah	Aquatics
Habitual Bipedalism	Yes			Yes
Loss of body hair	Yes		Yes	Yes
Skin-bonded fat deposits	Yes			Yes
Ventro-ventral copulation	Yes	Yes		Yes
Dimunition of apocrine glands	Yes			Yes
Hymen	Yes			Yes
Enlarged sebaceous glands	Yes			Yes
Psychic tears	Yes			Yes
Loss of vibrissae	Yes			Yes
Volitional breath control	Yes			Yes
Eccrine thermoregulation	Yes			Yes
Descended larynx	Yes			Yes

The Aquatic phase is purported to have taken place more than 5 million years ago. Since then, humans have had five million years to re-adapt to terrestrial life. It is not surprising that the traces of aquatic adaptation have become partially obliterated and gone unrecognized for so long. However, the traces are still there as the table indicates.

Note: The "yes" in column 3 refers to the bonobo; in column 4 to the rhinoceros and the elephant.





In the recently aired, two-hour special “Mermaids: The Body Found,” Animal Planet dives deep into the idea that mermaids may have been real, and, even better-related to humans!

“It’s a very radical theory on human evolution, but we have approached an age-old myth and really chased its origins,” Animal Planet honcho Charlie Foley told FOX411’s “Pop Tarts” column. “It has been compiled in a way that is very compelling, making us think that mermaids might not just be mythical creatures,” Foley added.

The show unravels mysterious underwater sound recordings and presents a bone-chilling argument for the Aquatic Ape Theory, reasserting Hardy’s original proposition that during the transition from apes to hominid, some humans went through an aquatic stage and resulted in “aquatic ape-like” creatures.

According to Foley, “Mermaids: The Body Found” is just the first tiny ripple in a tide of discoveries that he anticipates will be brought to the surface in the coming years. “It all comes back to the question of ‘Where do we come from?’ as there is so much speculation and questioning,” he said. “The surface of the moon has been examined more closely than aspects of the deep sea.”

So, are mermaids real?...  
Just maybe. 🌐

To watch the controversial Animal Planet video (albeit with Chinese subtitles), click here: <http://bit.ly/K7IKO5>. To watch a fascinating BBC video about the Aquatic Ape Hypothesis, click here: <http://bit.ly/N6u7g0>. And for another great video about Elaine Morgan (mind you, not the greatest quality at times) and her ideas supporting the AAH, click here: <http://bit.ly/Y5TpC>



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# Downtown at the Gardens Hosts the Resource Depot's 5th Annual

## EVENING

FOR THE

## earth



by Glenn R. Swift

Downtown at the Gardens, one of Palm Beach Gardens' most fashionable shopping, dining and entertainment centers, was packed with patrons on Saturday, May 19th for the Resource Depot's 5th Annual Evening for the Earth. The event featured an eye-opening Garbage Gone Glam fashion show that included all kinds of recycled women's' attire. The evening also included a silent auction with dozens of items, supplemented by fine spirits and mouthwatering hors d'oeuvres with the first 100 guests receiving a fabulous gift bag filled with all sorts of eco-conscious goodies. Special guest Virginia Lang of Wild 95.5 FM made a cameo appearance. 🌍

*All proceeds benefitted Resource Depot, a reuse center and 501(c)(3) organization based in Riviera Beach which collects business discards, samples and scraps that would ordinarily end up in the landfill. These materials, such as foam, plastic, wood and fabric, are donated free back to educators, parents, children, seniors and other nonprofit agencies. For more information about Resource Depot, please visit [www.resourcedepot.net](http://www.resourcedepot.net).*

GREEN GOINGS

### Resource Depot



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Pictured from left to right: Lindsay Lauren, Jennifer O'Brien and Kristen Alyce



Photography courtesy of Kelly Wagner

# GREEN GOINGS



# Northern Palm Beach County Chamber Hosts Leadership Awards Dinner

by Glenn R. Swift



The Northern Palm Beach County Chamber of Commerce held its 2012 Leadership Awards Dinner at The Borland Center in Palm Beach Gardens with Café Chardonay as caterer on May 31. Roger Dean Stadium was the Title Sponsor. Greg Leach from Hospice of Palm Beach County Foundation was named incoming Chairman, and they had the introduction of the 2012-2013 Board of Directors.

The Leadership Awards presentation included the winners of Small Business of the Year—Store Self Storage and Wine Storage; Business of the Year—Downtown at the Gardens; Community Leader of the Year—Donald Hearing of Cotleur & Hearing Landscape Architects; and the Gaeta Chairman's Award of Excellence went to Kelly Smallridge of the Business Development Board.

Our Wonderful World Media and Entertainment congratulates the winners of the 2012 Leadership Awards. 🌍

*For more information about the Northern Palm Beach County Chamber of Commerce, please visit [www.npbchamber.com](http://www.npbchamber.com).*

GREEN GOINGS

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Left Picture,  
from left to right:  
David Middleton,  
Sharon Quercioli,  
Steve Mathison,  
Dr. Jean Wihbey,  
Donna Goldfarb,  
Dana Middleton,  
Michelle Carr  
and John Carr

Right Picutre,  
from left to right:  
Greg Leach,  
Kelly Smallridge,  
Don Hearing and  
Don Kiselewski, Jr.

GREEN GOINGS

Left Picture,  
from left to right:  
Ed Chase, Brian Berman,  
Greta Schultz and  
Jeff Berman



© David Randell

Right Picture:  
Leadership Awards  
Attendess



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*Left Picture:  
The Channing Group*

*Right Picute,  
from left to right:  
Ed Chase, Don Hearing  
and Robert J. Stilley*

# GREEN GOINGS

*Left Picture,  
from left to right:  
Ed Chase, Mike Cowling  
and Noel Martinez*



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*Right Picture,  
from right to left:  
Greg Leach,  
Steve Mathison,  
Jill Leach and friend*



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# Kravis Center Hosts 2012 Green Schools Recognition Luncheon

by Glenn R. Swift



On April 30 the Kravis Center for the Performing Arts in downtown West Palm Beach hosted the 2012 Green Schools Recognition Luncheon, an award ceremony dedicated to recognizing all of this year's Green Schools in Palm Beach County, as well as recognizing those schools that took the top prizes and achieved a Judge's Choice Award.

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 Green Schools Class of 2012! [Click Here](#) to see some of the green initiatives that were completed this year!

Thank you [2012 Green Schools Sponsors](#) for your support! 🌍

For more information about Palm Beach County Green Schools, please visit [www.ourgreenschools.com](http://www.ourgreenschools.com).

GREEN GOINGS

Education  
is getting a  
whole lot **Greener**







# Northern Palm Beach County Chamber Hosts CEO Connection

by Glenn R. Swift

Once a quarter, the Northern Palm Beach County Chamber of Commerce offers small businesses and Chamber members the opportunity to interface with some of the most high-profile business leaders in the community with its CEO Connection luncheon. The most recent CEO Connection was held Tuesday, June 12 and featured guest speaker David Fine, the PGA National Resort's Vice President of Sales & Marketing/Revenue Development. In attendance were 36 of Northern Palm Beach County's leading business and community leaders. 🌎

For more information about the Northern Palm Beach County Chamber of Commerce, please visit [www.npbchamber.com](http://www.npbchamber.com).



GREEN GOINGS

From left to right: Ed Chase, Sharon Quercioli and David Fine





Join in the fun and cast off for a great cause at the Thirteenth Annual Horizons Fishing Tournament. This event benefits the Children's Programs of the John J. Brogan Bereavement Program, which offers grief counseling, support and Camp SeaStar, a summertime weekend outing for children and teens who have received services through our programs.

Captains, anglers and guests alike can enjoy our Captains' Meeting on Thursday, July 19. It promises to be a fun night to enjoy great food provided by Park Avenue BBQ in which guests can relax and enjoy a silent auction, raffles and music.

The tournament will be held on Saturday, July 21 beginning at 6:30 a.m. and ending at 4 p.m.. Anglers may depart from any inlet, but must weigh in at Riviera Beach Marina or the Square Grouper. Scales open at 1 p.m. and all boats must be in line by 4 pm. Spending the day on the docks? Come on down to Riviera Beach Marina and watch the action. Enjoy an ice cold beverage, a hot dog and music while watching the action on the scales. When the scales close, the fun begins again with our Awards Ceremony at Newcomb Hall.

Compete for more than \$25,000 in cash and prizes with even **MORE WAYS TO WIN BIG** with our new 2 Fish Aggregate. Enter and weigh in any two tournament eligible fish. If

your catch weighs the most, you will win 50% of the take. Anglers may also register to participate in our Winner's Circle and Big Kahuna. For a small entry fee, you can qualify to win one of three cash payouts for the heaviest fish overall. First place will receive 50% of the purse; second place will hook 30%; and 20% of the cash will go to the angler boasting the third heaviest fish.

Your \$200 registration fee includes one boat entry, good for up to six anglers per boat, one t-shirt and two tickets to our Awards Ceremony Dinner. Or save some more and register today for our \$250 Super Saver, which includes five tee shirts for you and your crew. **NEW** – Fish in memory or in honor of your loved one and fly the official Hospice of Palm Beach County Foundation burgee. (Click on this link to view the burgee <http://bit.ly/KojV25>) Your loved one's name will be displayed at the event. What better way to show your support.

Don't miss this fun-filled event! 🌐

For more information, please contact Lauryn Barry at 561.494.6884 or [specialevents@hpbcf.org](mailto:specialevents@hpbcf.org).



*Supporting your nonprofit end-of-life care provider*

GREEN GOINGS



**HOSPICE**  
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or the Square Grouper

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# PEARLS OF WISDOM FROM THE GREEN GODDESS

by Sharon Quercioli

*Quote of the Month:*

**"LOVE YOURSELF UNCONDITIONALLY, NO MATTER WHAT!"**



## THE "SKINNY" ON WEIGHT LOSS

### 8 APPETITE-SUPPRESSING FOODS

**L**ast month I wrote about "Boosting your Metabolism." Most everyone wants to lose weight. If you're like most people, conquering your appetite is one of the biggest challenges you face in your fitness and weight loss journey. As soon as the word "diet" crosses your lips, you may find yourself craving all the junk you know you're not supposed to eat. The secret is eating the **right** foods to help calm the cravings for the wrong ones. Adding these eight easy-to-find, tasty foods to your meal plan can help you rein in your appetite before it gets out of control!

**1. Oatmeal.** This hot cereal is high in fiber and low on the glycemic index, which means it fills you up and takes a long time to digest. Research has shown that diets high in slow-burning carbohydrates like oatmeal suppress the hunger hormone ghrelin more effectively than diets high in fat. In fact, when you eat oatmeal for breakfast, you may find that your appetite is lower at lunchtime. Steel-cut or rolled oats digest more slowly than the "instant" variety do, so it's worth taking a few extra minutes in the morning to prepare your breakfast the old-fashioned way.

**2. Apples.** Not only are apples nutritious, but what sets them apart from other fruits is pectin, a soluble fiber that helps regulate blood sugar, keeps you full and sustains your energy. One medium apple with skin contains 4 grams of fiber, which is more than you'd get in an average slice of whole wheat bread. Add an apple and some cinnamon to your morning oatmeal for an appetite-suppressing breakfast.

**3. Pine nuts.** These edible pine-tree seeds contain more protein than any other nut or seed, and their oil stimulates two appetite-suppressing hormones (cholecystokinin [CCK] and glucagon-like peptide-1) that tell your brain you're not hungry. Blend pine nuts with basil, garlic and a little olive oil to make pesto or sprinkle them on your salad or oatmeal for a delicious, nutty crunch.

**4. Salad.** The fiber in typical salad vegetables like lettuce, cabbage, spinach, celery, cucumbers, broccoli and peppers is very filling and helps slow the release of glucose into your bloodstream. Studies have shown that when people start a meal with a small salad, they eat significantly fewer calories in the meal itself. Just watch out for the high-





fat dressings (or worse, fat-free dressings that are high in sugar). Try having the dressing on the side and dipping your fork into it for easy portion control, or simply adding a dash of balsamic vinegar or a squeeze of lemon juice for a tasty, super-low-calorie option. Bonus tip: Try to eat a vegetable at every meal to keep your appetite at bay all day long.

**5. Olive oil and other unsaturated fats.**

Researchers at the University of California at Irvine found that unsaturated fat causes the intestines to release a compound (oleoylethanolamide) that has been shown to reduce appetite and stimulate weight loss. Some great unsaturated fat choices include avocados, olives and olive oil, almonds, salmon, walnuts, pumpkin seeds, macadamia nuts and sesame seeds. These foods are high in calories, so enjoy them in moderation while regulating your appetite.

**6. Flaxseeds.**

Flax is one of the best plant sources of omega-3 fatty acids. The seeds are also very high in protein and fiber, making them excellent for appetite control. Sprinkle ground flax seeds over oatmeal, salads or yogurt, or add them to smoothies to help stabilize your blood sugar and turn off the hunger hormones.

**7. Beans.** The fiber in beans increases CCK, a digestive hormone that's a natural appetite suppressant. A research study at the University of California at Davis found that men who ate a high-fiber meal containing beans had CCK levels that were two times higher than when they ate a low-fiber meal. Beans also keep your blood sugar steady, which helps stave off hunger.

**8. Spicy foods.**

Capsaicin, the ingredient that gives peppers their heat, can also help control your raging appetite. A recent study published in *Clinical Nutrition* suggests that capsaicin-rich foods may help you consume fewer calories, plus they help support weight loss by suppressing your appetite and making you feel fuller. You can add hot pepper sauce to tomato juice, stir-fry some Anaheim or Serrano peppers with other vegetables, or cook up some jalapeño or poblano peppers in your omelet. Other spicy ingredients may have similar effects, so try adding spices like hot mustard and curry to your salads and meats. 🌍







# MASSAGE BENEFITS THE MIND, BODY AND SPIRIT

by Karen Levine Cantor

**W**hile massages may feel like a relaxing indulgence, at the same time there are an abundance of benefits for your mind, body and spirit. With a commitment of time and money, regular and frequent massages can play a part in drastically improving your health.

"Massage makes you feel like you can conquer the world! The intoxicating scents of the aromas (which are from our Mother Earth) travel right to the brain, giving us a sense of well-being like the smell of your favorite baking memory from when you were younger. It just makes you feel wonderful," says Marcia Lane, Massage Therapist, Educator and Owner of The Lane Spa in Palm Beach Gardens. "There will never be a replacement for human touch. It rules, it's awesome and it heals."

## **Massage eases your mind.**

In the daily hustle and bustle of one's life, there is often no time to meditate or spend time with oneself. Having a massage puts the focus on you and the present, taking your mind off problems of the past. It will allow you to escape your everyday challenges while a licensed massage therapist's firm technique eases the tension right out of your body.

## **Massage heals the body.**

Massage hydrates your skin and leaves it with a beautiful glow when a therapeutic oil or cream is massaged into your body. It relieves and can even eliminate pain due to a sedentary lifestyle or aging. Manual lymph drainage massage is utilized after most cosmetic surgery to reduce swelling, bruising and discomfort. Used after surgery, it can speed up recovery time and help reduce scar tissue. Certain styles are great for insomnia, the grief process and anxiety disorders. Massage therapy has also been proven to improve chronic conditions, such as lower back pain, arthritis,

bursitis, fatigue, high blood pressure, diabetes, immunity suppression, infertility, smoking cessation or depression. Massage can be a vital part of your preventive wellness program since stress creates disease, and massage is one of the best stress-reducers known to man.

## **Massage enhances your spirit.**

Releasing feel-good endorphins into your system, massage creates a sense of well-being that can make anyone feel better. A licensed massage therapist can administer specialized techniques to your body in a way that releases natural substances from the brain that evoke a pleasurable response. Getting away from the hectic pace of your daily lifestyle gives you a calmer, happier frame of mind.

Budgeting time and money for massage can be a true investment in yourself and your health. To start reaping the benefits massage offers your mind, body, and soul book an appointment to enjoy a Signature Massage at The Lane Spa, a full service Day Spa in Palm Beach Gardens. The kind and considerate Lane Spa therapists are highly educated, skilled, licensed professionals that create personalized 60 or 90 minute treatments based upon their assessment of client needs. 🌍

*For more information about The Lane Spa or to take advantage of their monthly specials, call (561) 691-0104, e-mail [relax@thelancespa.com](mailto:relax@thelancespa.com) or visit [www.thelanespa.com](http://www.thelanespa.com).*

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# Modern-Day Medicine Man

by Taylor Myers

It comes as no surprise that in a world filled with alternative lifestyles and religions that the people of the twenty-first century would also be fond of alternative medicine. Some consider any remedy not created in a laboratory and sold en masse to be the workings of a voodoo-witch-doctor; however, an herbal remedy known as mullein has worked its way back into mainstream popularity. In fact, muellin is making quite a splash.



Native to Europe and Asia, with the highest species diversity in the Mediterranean region, mullein plants have been a part of the American landscape for over two centuries. In fact, one species, *Verbascum thapsus* (Great mullein), has been used for generations by the Catawba Tribe of North and South Carolina as a herbal remedy for sore throat, cough and lung diseases. The root is boiled and a sweet syrup made to aid and accelerate healing. Herbalists around the world still use this same method to create cough syrup as an aid for those ailed by asthma and similar sicknesses.

Asthma is not the only ailment treated with mullein plants today; a similar syrup-like substance has been developed to help treat ear infections and piercing cites that have become inflamed or infected. The salve is often diffused with garlic oil because of its antibacterial and antiviral properties, thus making the natural remedy incredibly safe and desirable to use. This same medicine works similarly on animals as a cure for ear mites, easing pain while simultaneously taking care of the root issue. It is quite rare to find a medication that can safely be used on animals as well as humans.

Herbal remedies are not completely different from Western Pharmaceuticals when it comes to different reactions amongst the medicine's users. Much like the laundry list of side-effects heard daily on television commercials and radio ads for any drug, salves and ointments made from mullein plants can also lead people to different reactions. However, the beauty of natural products is the miniscule amount of side-effects—usually limited to allergic reactions and the intensity of intended relief.

Undoubtedly, the effect of mullein as well as

any medication is influenced by a number of factors. For example, the cough syrup from irritation of a sore throat for one person and make little to no change in the symptoms of another. The mullein plant's local anesthetic properties are what make it such an effective remedy because it targets the affected area by healing or managing the pain of commonly aggravating problems.

Another interesting factor of the plants themselves is the overall usability of the plant. Every part of the mullein plant can be used to treat some sort of problem. The leaves are most commonly used as an expectorant for issues in the lungs such as bronchitis. Administered by smoking the dried leaves or creating an herbal tea and drinking it, the medicine enters the lungs and loosens mucous and phlegm from the lung walls, allowing the substances to be coughed up and expelled from the body.

It is amazing that with all of the technological advances in modern medicine that some of the most effective and non-habit forming medicines used today were discovered and utilized by the very people our ancestors underestimated and assumed to be ignorant. So, the next time you feel a cough coming on, or are suffering from an ear infection, think twice before "coughing up" the big bucks on a doctor's visit or prescription. Your solution might just be waiting at your local health food store or organic market. 🌍

*Taylor Myers lives in Jupiter and is a sophomore at Palm Beach State's Eisse Campus in Palm Beach Gardens. She is pursuing both an Associate of Arts degree in English and an Associate of Science degree in paralegal.*





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# Eight Health Benefits of Zucchini

by Sharon Quercio<sup>†</sup>

As a part of the summer squash family, zucchini not only offers delightful taste and texture to many dishes, but also features a variety of health benefits. Here are eight reasons why you should include zucchini in your diet:

## Diet

One cup of zucchini has 36 calories and 10% of the RDA of dietary fiber, which aids in digestion, maintains low blood sugar, prevents constipation and curbs overeating.

## Lower Cholesterol

The dietary fiber in zucchini helps lower cholesterol by attaching itself to bile acids that the liver makes from cholesterol for digesting fat. Because fiber binds so well with bile acid, thus crowding its ability to immediately digest fat, the liver is charged with producing more bile acid.

The liver then draws upon even more cholesterol to produce bile acid, consequently lowering the overall cholesterol level in the body. Furthermore, the high levels of vitamin C and vitamin A prevent cholesterol from oxidizing in the body's blood vessels, thus hampering the onset of atherosclerosis.

## Anti-Inflammatory

Vitamins C and A not only serve the body as powerful antioxidants, but also as effective anti-inflammatory agents. Along with the copper found in zucchini, these vitamins deter the development of many hyper-inflammatory disorders, including asthma, osteoarthritis and rheumatoid arthritis. Lutein and vitamin C in this vegetable keep your eyes sharp and healthy. Vitamin A present in zucchini prevents tooth decay, while the overall nutritional factor aids in reducing signs of aging.

## Cancer Prevention

Because dietary fiber promotes healthy and regular bowel movements, the high amounts of fiber in zucchini also help prevent carcinogenic toxins from settling in the colon. Moreover, the vitamins C and A, as well as folate, found in zucchini act as powerful antioxidants that fight oxidative stress that can lead to many different types of cancer.



## Lower Blood Pressure

Along with magnesium, the potassium found in zucchini helps lower blood pressure. If unchecked, hypertension or high blood pressure can lead to arteriosclerosis (blood vessel damage), heart attack, stroke and many other serious medical conditions. Both the potassium and magnesium in zucchini, however, can help alleviate the stress on the body's circulatory system. Zucchini is rich in magnesium and phosphorus. Hence, it adds strength to bones and aids in preventing brittleness of bones due to old age.

## Prostate Health

Studies show that the phytonutrients in zucchini aid in reducing the symptoms of benign prostatic hypertrophy (BOH), a condition in which the prostate gland enlarges and leads to complications with urination and sexual function in men.

## Heart Attack and Stroke Prevention

A one-cup serving of zucchini contains over 10% of the RDA of magnesium, a mineral proven to reduce the risk of heart attack and stroke. Zucchini also provides folate, a vitamin needed to break down the dangerous amino acid homocysteine, which—if levels in the body shoot up—can contribute to heart attack and stroke.

## High in Manganese

A trace mineral and essential nutrient, manganese provides many health benefits and contributes to a slew of normal physiological functions. One cup of zucchini contains 19% of the RDA of manganese, which helps the body metabolize protein and carbohydrates, participates in the production of sex hormones and catalyzes the synthesis of fatty acids and cholesterol.

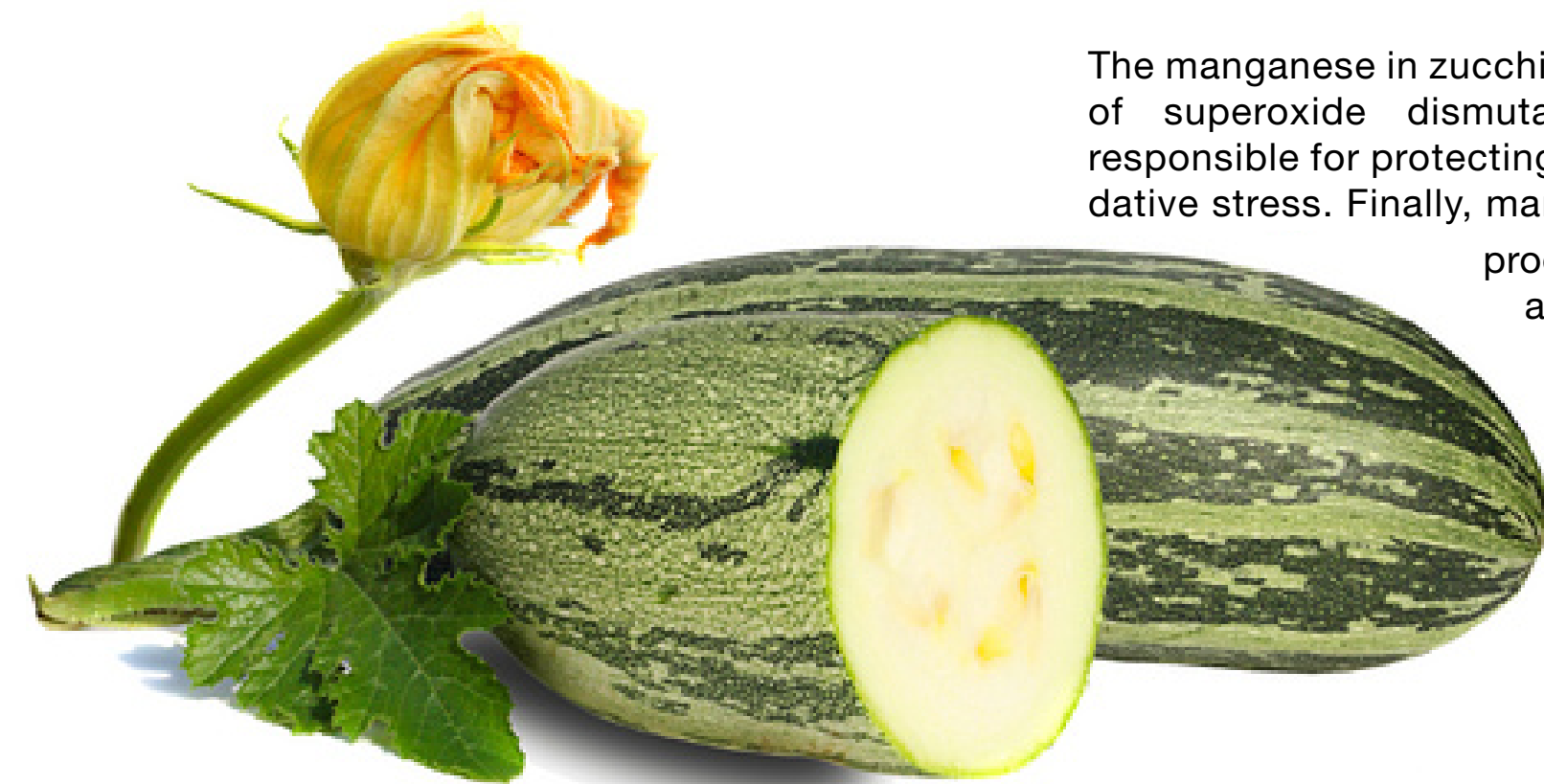
The manganese in zucchini also increases the levels of superoxide dismutase (SOD), the enzyme responsible for protecting mitochondria against oxidative stress. Finally, manganese is essential for the production of proline, an amino acid that allows collagen to form, thus allowing for healthy skin and proper wound-healing.

One thing one must keep in mind while buying zucchini is the color. Dark green zucchini is rich in nutrients compared to lighter ones. Do not peel it off while eating as it contains an oxidant known as beta-carotene.

I love to grill vegetables and zucchini is one of the many that you should include in your diet. Hummmm... Which recipe of my mom's should I include?... Zucchini bread, zucchini quiche or her zucchini sauce over pasta. Looks like the quiche wins! 🌍

## Zucchini Quiche

- 3 cups sliced unpeeled zucchini
- 1 small onion chopped
- 1 cup bisquick
- ½ - ¾ cup shredded Romano, parmesan or cheddar cheese
- 4 eggs
- ½ c vegetable oil
- ½ tsp parsley
- ½ tsp marjoram
- ¼ tsp salt & pepper
- Mix all ingredients together, and bake at 350 degrees for 45 minutes







# Happy Birthday America!

by Sandra Frens

Get those BBQs fired up and have those apple pies baking—we're celebrating America's Birthday! Our nation's Independence Day is our most significant holiday, culminating in the most jubilant of festivities. July Fourth is a day of reverie, commemorated by heart-pounding fireworks, backyard cookouts and Old Glory waving proudly through the air.


Yet, this day symbolizes more than just declaring our sovereignty from England; it's a day when we give others the inspiration to rise up from their oppressors and fight back. Independence Day is also another time to pay homage to our men and women in uniform who carry on the tradition of fighting for freedom. Most importantly, it is a celebration that brings our country together as a whole, when we are united in a feeling of patriotism.

Like any birthday, July Fourth is a day when we as a nation stop and take note of all the accomplishments we've made, not just over the past year, but over our lifetime. Yes, there have been points of dismay, but it is all the good we've experienced and perpetuated that gives us cause for celebration.

For Americans, the act of commemorating our nation's birthday, and even celebrating our

own birthdays, is a way of marking our achievements and milestones. When we do this as a country, we are letting the world know that the United States still cherishes liberty and will always be here to defend our freedoms. As individuals looking back on our birthdays, we take note of our own triumphs and press forward onto the next goal.

Taking time out to celebrate our accomplishments, whether as a nation or as an individual, is important. It not only reminds us of the amazing feats we've achieved and allow us to take pride in what we have done, but it reminds our friends and colleagues of the wonders to which we are capable. In addition, celebrating one's birthday is a way of reminding the person that they are important and cherished by those who know them. Even the simple act of sending someone a card on their birthday can mean the world to that person. Just be sure to keep it eco-friendly and send a plantable card like the ones at [www.sproutem.com](http://www.sproutem.com)!

All of us want to be recognized and feel like we matter to others. Whether it is a country or an individual, make sure you recognize their greatness and contributions on their special day. This simple gesture means a great deal! 

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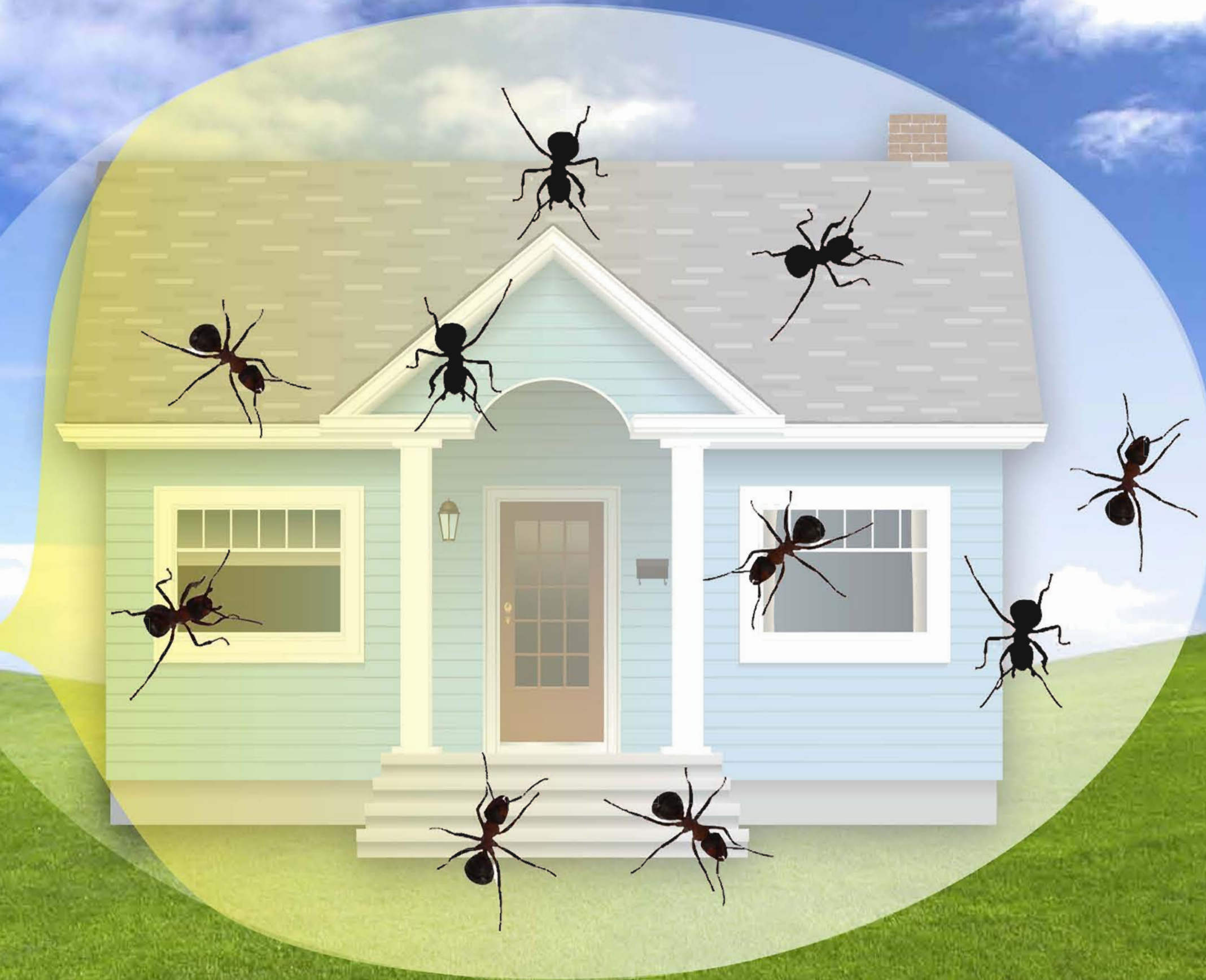


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# Ask The Energy Expert: HOW CAN I KNOW THE TRUTH?

by Scott Ranck



I regularly have neighbors and friends who ask me for direction when they are getting ready to make a major investment in their home's energy-related products. Recently, I've had two neighbors replace their HVAC equipment and both asked me what I thought. One of my neighbors followed my direction—and one did not. I want to give you some practical suggestions on doing your own due diligence before signing an agreement to have work done on your home.

1. Become a healthy skeptic! Don't be too quick to listen to someone who is also attempting to sell you a product or service! Over the years I've seen many people make poor decisions because a contractor "sold them" a product telling them it was the best way to go. The truth often is that the product they just purchased was the only product the contractor was selling at the time, or he didn't have the proper licensing to do the job correctly. So, he steered them where he could get the job and their money. The truth is that many people have replaced natural gas water heaters with electric water heaters for this very reason.

2. Never make a major decision "in the moment." If you are spending \$3K, 4K or more, take your time and do some reading. Become familiar with what questions to ask. Go to the library or do some Internet research, and don't be at the mercy of a smooth talking salesman.


3. Always get more than one proposal, and ask for it to be specific as to what equipment will be included. Make certain you are comparing apples to apples. The lowest price is not always the best price if a contractor is cutting corners or using an inferior product.

4. To some degree trust your "gut." The experts tell us our "gut" feeling is the result of our accumulated life's experience and training. If you have that nagging sense you are being taken advantage of, or you are being sold a bill of goods, you very possibly are.

5. Go to [www.sunbiz.org](http://www.sunbiz.org) and investigate the contractor before you sign an agreement. You will be able to determine if he is licensed and if there are issues with his company.

6. Ask for references. Talk to some recent customers who have had similar projects done and see if they are satisfied.

7. Find people you trust, who are not trying to sell you anything, who have some expertise in the field. They may even be present when the contractor submits his proposal.

It's impossible for a homeowner to be an expert in every issue pertaining to the home, but you can safeguard yourself from being scammed by following these tips. 

*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).*



# Pillow Talk

## Case of the Missing ZZZZZ's

by Teresa VanDyk Marshall

A fellow university student once told me she has no time for sleep. As she put it, “I’ll sleep when I’m dead.” Having all that extra time must be nice, I thought. After all, sleep does take up about a third of our lives, especially if we are actually getting enough.

Meanwhile, my father was recently diagnosed with sleep apnea. He gets to sleep all right, but barely gets enough oxygen while he’s sleeping. He saw a doctor, had his sleep tests done, and now Mom says she feels like she is sleeping with Darth Vader—thanks to his fancy new breathing machine that gets him his oxygen requirement.

The reality is that we need sleep—and good quality sleep at that—for good health and well-being. There are few things in this world sweeter than a great night’s sleep and simultaneously fewer things more aggravating than not getting a good night’s sleep. This article will list several tips from an array of sleep experts and their insights on improving the quality of our sleep.

Dr. Andrew Weil, a leading pioneer in the world of integrative medicine, lists these primary checkpoints to ensure that we are doing all we can to get enough sleep:

- Make sure our mattress and pillow are as comfortable as possible.
- Is the bedroom “noisy”? If so, consider a “white noise” generator to mask the sounds, replacing disruptive sounds with more soothing ones.
- If our mind won’t shut down, consider taking deep breaths and stretching exercises. Also, try Mantram—the practice of repeating in the mind certain syllables, words or phrases that help counteract negative mental states.
- Avoid large meals late at night.
- Eliminate caffeine and alcohol beverage consumption before bedtime, which can increase sleep disturbances.
- Establish a consistent bedtime routine. Take a warm bath, go for a stroll, practice relaxation exercises or read a “bedtime” novel as part of the routine.
- As a rule, the more exercise we have during the day, the better we’ll sleep at night.
- Try to get exposure to bright, natural light. Doing so before 10 AM or after 4 PM with the use of sunscreen minimizes the harmful effects of solar radiation.
- If these methods don’t work, consider using the natural herb Valerian, which works a lot like a sedative. Take one to two capsules about an hour before bedtime.

“The worst thing in the world is  
to try to sleep and not to.”  
F. Scott Fitzgerald



According to Dr. Michael Breus, also known as “The Sleep Doctor,” here are some additional facts that relate to getting quality sleep:

- Drinking alcohol before bed may not affect how you fall asleep, but it can affect how deep you will sleep.
- Wean off of caffeine drinks, like coffee, tea or espresso, each day by 3 PM because those of us who can fall asleep after drinking these may find our sleep light and easily disrupted.
- Manage noisy bed partners such as kids, pets or snoring bed mates. If we have any of these, set new rules and consider using earplugs with a noise level rated at 32 or below so that you can still hear the fire alarm.
- Replace our pillow annually when possible. If our mattress is getting lumpy despite our turning it and we cannot afford a new one, consider a topper to extend its life.
- Check bedroom temperature to make sure that we are neither too cold nor too warm.

Consider herbal teas, too!

Chamomile (*anthemis nobilis*) is a safe herb, valued by generations for its natural sedative properties. It also makes a lovely cup of bedtime tea. Kava Kava (*piper methysticum*) helps relax the body and imparts a state of calm well-being. Passion Flower (*passiflora incarnata*) is used extensively in England in over 40 commonly sold sleep preparations. It has excellent sedative properties with no known side effects.

Lavender is a wonderful herb used to help us relax and get ready for deep sleep. The name lavender comes from the Latin root word “lavare,” meaning “to wash.” Aside from cleaning, however, lavender helps to create a deep and dreamy night’s sleep.

Interestingly, in Germany, lavender flowers have been approved as a tea for treating insomnia, restlessness and nervous stomach irritations. According to the University of Maryland Medical Center, research has confirmed calming, soothing and sedative effects when the scent of lavender is inhaled. In one recent study, people who received massage with lavender felt less anxious and more positive than those who received a massage alone.

So, on behalf of **Our Wonderful World**, we thank our holistic doctors, our medical doctors and sleep professionals who contributed to our article and wish all of our readers a good night and sweetest dreams! 🌍



GREEN GOINGS



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# A Healthy HAMBURGER?

by Richard Hawkins



When considering food that you can list in the “good for you” column, burgers typically do not make the cut. An American classic, the Whopper with Cheese comes with 760 calories and 47 grams of fat (16 saturated, 1 trans). Add to this the more than 1400 mg of sodium and this center of the plate treat is not doing your health any favors. However, there is a great alternative that can allow you to enjoy a great burger and do a favor for your heart and your waistline.

Consider grass-fed beef—raised and harvested right here in Florida.

A joint study in 2009 between the USDA and researchers from Clemson University compared grass-fed beef with the conventional grain-fed beef you find at your grocery. Here are the top ten differences they found with grass-fed beef:

1. Lower in total fat
2. Higher in beta-carotene
3. Higher in vitamin E
4. Higher in the B vitamins thiamin and riboflavin
5. Higher in the minerals calcium, magnesium and potassium
6. Higher in total omega-3s
7. A healthier ratio of omega-6 to omega-3 fatty acids
8. Higher in CLA (a potential cancer fighter)
9. Higher in vaccenic acid (which can be transformed into CLA)
10. Lower in saturated fats linked with heart disease.

Florida is a cattle producing state. When you purchase beef at the supermarket, there is a good chance that the cow was born in Florida. Most of our cattle production is a cow/calf method. The calves are started here then shipped west to feedlots where they are fattened with feed that they would not consume in nature. They are also given hormones and antibiotics to stimulate growth and keep them from getting sick in an unhealthy environment.

Conventional feedlots and harvesting operations are facilities you would not want to live near. They generate large amounts of waste over a small area and are blamed for environmental degradation.

The confinement and unnatural diet insures that the animal spends most of its life in terrible conditions and suffers a high degree of stress.

The grass-fed ranches I am familiar with in Florida are a completely different story. Cows roam free and live a natural and happy life, as well as actually adding organic fertilizer naturally to the turf. Grass-fed cattle operations make great neighbors. And as one rancher put it, the animals have a great life and “just that one bad day.”

We are proud to have Arrowhead Beef as a Localecopia member. The ranch is located in Chipley in the Florida panhandle, and they offer beef from pasture raised heirloom parthenais cattle. You can find their products in markets at many South Florida locations. Find out where at [info@FloridaGrassfed.com](mailto:info@FloridaGrassfed.com).

Next time you have a craving for a burger, do yourself a favor and put a Florida raised grass-fed burger on the grill, add some organic lettuce and tomato and a whole wheat bun and enjoy!

*Green Cay Produce/Farming Systems Research ([www.veggies5u.com](http://www.veggies5u.com)) in Boynton Beach is headed by Dr. Nancy Roe. The farm promotes sustainable farming practices and produces vegetables for sale through a local CSA (Community Supported Agriculture) and to local restaurants. Dr. Roe also conducts research in sustainable agriculture. Farming Systems Research is a Localecopia Member.* 

*Localecopia is 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



# Time Wasters Salespeople Need to Avoid

Part 2 of 3 - by John Carr



**H**ave you ever been running late for an appointment and it seemed like you were behind every slow driver, caught every red light, bridge opening (a real pain here in South Florida) and train? But, when you are not running late, you make every light, there are never any slow drivers in your way, and you avoid all the trains and bridge openings.

How do we run late? We usually waste time. This month we are going to list two more time wasters that could cost you a closed sale. The time wasters are not in any particular order but, you should always be aware of them.

## **1. Personal Phone Calls and Meetings:**

We all know that in today's fast-paced world we must juggle our personal life and work life. It is very important when working on projects or getting ready to walk into a meeting with a prospect or client that you are not in personal mode. When I work on my projects, I put my cell phone on silent and turn it over so I can't see the screen. Better yet, turn it off! You can waste so much time by getting up just for a minute to take the call from Aunt Susie to talk about the BBQ on Saturday that the next thing you know is you start talking about the next holiday. Poof! There goes 30 minutes of wasted business time.

I try to take one or two days a month when I schedule all of my personal business that can't be completed on the weekend. For example, I would schedule someone for maintenance at my home from 1-4 in the afternoon and schedule as many people as possible on the same day and make personal calls at that time. Try to schedule going to the bank or post office at 11:30am to beat the rush and still be back in the office by 12:30 to start working again.

**2. Eating Alone** – A perfect time to build relationships with prospects and clients is during a meal. I am not just talking lunch. I make sure that during the week I never eat alone! I have breakfast with referral partners, lunches and dinners with prospects and clients. The key here is not to sell during these meals but to build relationships.

Next month we will have more time wasters to avoid! Make sure that you make the most of your day by scheduling it properly. 🌍

*John Carr is the President of JRC Consulting Group ([www.jrcconsultinggroup.com](http://www.jrcconsultinggroup.com)), a sales*

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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.



*John Carr • 561-623-5349 • [john@jrcconsultinggroup.com](mailto:john@jrcconsultinggroup.com) • [www.jrcconsultinggroup.com](http://www.jrcconsultinggroup.com)*





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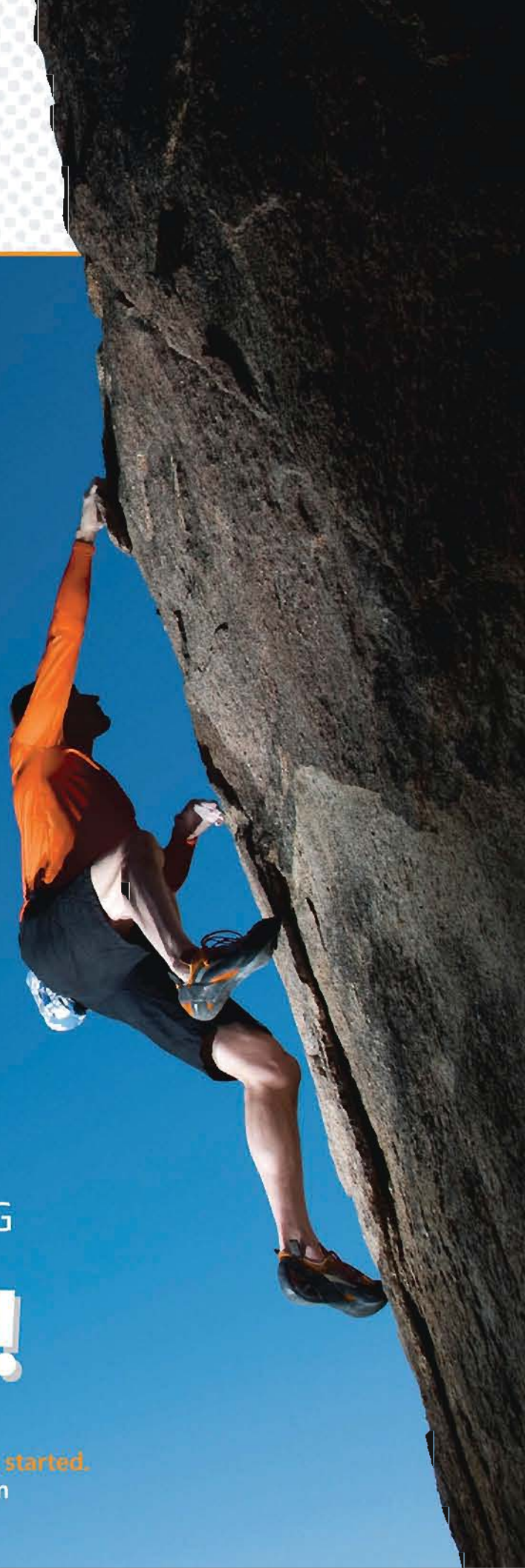
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Happy Birthday

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GREEN GOODIES



# Meet the Team...



## SHARON QUERCIOLI

Co-Founder & President

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.



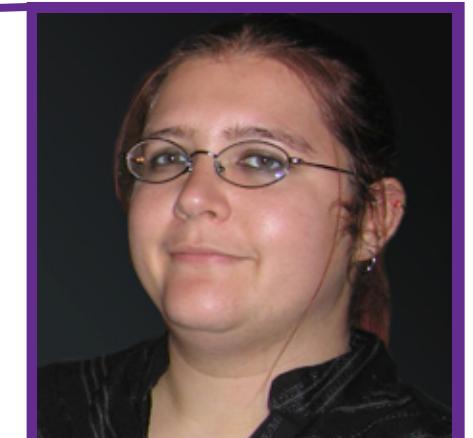
## GLENN SWIFT

Co-Founder & Editor-in-Chief

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.

## SANDRA FRENS

Art Director



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."



# Meet the Team...



## SEAN REED

Webmaster / IT Coordinator

Sean is an information technology expert and photographer based in Palm Beach, FL. He is a graduate of the University of South Florida with a degree in Management Information Systems. Prior to graduating, he held positions as Senior Photographer and Online Editor for the University's campus newspaper, The Oracle.

With over a decade of experience in the information technology field, Sean has a long list of clientele for his IT consulting agency and holds a position of prominence in numerous organizations, including ArtiGras, the Northern Palm Beach County Chamber of Commerce, Sprouts! and Our Wonderful World.

## TERESA VANDYK-MARSHALL

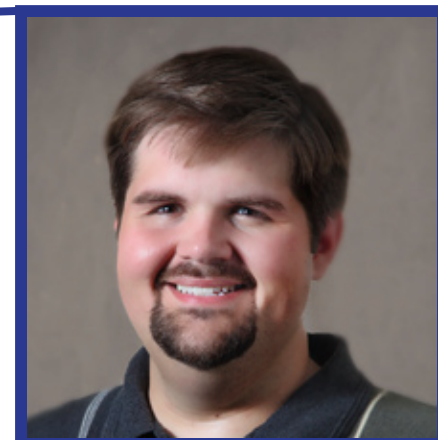
Contributing Columnist



Teresa Vandyk-Marshall is a columnist for Our Wonderful World Media as well as a Senior Quality Consultant with Florida Power & Light (a leading clean energy provider). Having spent over nine years writing for the company, this Palm Beach Gardens resident currently specializes in communications within Quality Management and has written a multitude of educational references for the company. Representing FPL, she provided helpful tips on energy conservation that all energy users can view at [www.FPLConnect.com](http://www.FPLConnect.com). In her private time, she and her husband, James, are passionate organic gardening enthusiasts, nature lovers and Sustaining Members of Bok Tower Sanctuary and Gardens in Lake Wales. "It is very important to me to actively support a team bringing a healthier, more sustainable and more beautiful tomorrow to our Earth and to our children."

## ROBBY ANTONIO

Photographer



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."

## KRISTIN PURCELL

Operations Manager



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."







