



Our Wonderful World

August, 2012
Volume 3 :: Number 8

The Art of Living Green



For the Love of
Garlic

Figurella
*A Fitness Program
Like No Other...*

Morikami Gardens
*The Essence of Japan
in Florida*

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Our Wonderful World
Volume 3 Number 8



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Welcome to the August, 2012 issue of ***Our Wonderful World***, Florida's leading green digital magazine. Our main feature, "Figurella," tells the story of Europe's leading, all-natural weight-loss and fitness program for women. Figurella has its own very distinct approach to women's fitness and has recently opened its first salon in the United States in Palm Beach Gardens, Florida. Learn more about the unique Figurella Method from the President of Figurella USA.

In terms of imagery, a must read is "Morakami Gardens — The Essence of Japan in Florida," which provides an extraordinary visual journey to one of Palm Beach County's most amazing natural wonders.

Teresa VanDyk Marshall has written two more great stories: "Farming in the Sky," which discusses "vertical farming," one of the latest eco-conscious trends in agriculture, and "Intelligent Landscapes," which provides a number of ways to save water and money when maintaining your yard.

Our energy expert, Scott Ranck of Florida Public Utilities, educates us about alternative energy vehicles, while Richard Hawkins of Localecopia sheds light about the advantages of allowing our school

children to "eat local."

The Green Goddess enlightens us yet again in "Pearls of Wisdom" with some simple but essential yoga techniques and with "For the Love of Garlic" in Eating Well, which includes some great ways to enjoy one of nature's most wondrous sources of nutrition.

Salespeople seeking some great advice on time management should be sure to read Part Three of John Carr's "Time Wasters Salespeople Need to Avoid," and Sandra Frens of Sprouts, Inc. provides us an environmentally prudent way to live a "greener" life.

Of course, we've got a whole lot more in store for you, too! So, get clickin' and enjoy the newest issue of ***Our Wonderful World***!

Sincerely,



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Sharon Quercioli,
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FROM THE PUBLISHERS

Farming in the Sky

by Teresa VanDyk Marshall



An article published in the New York Times entitled “A Farm on Every Floor” highlighted a rising concern: climate changes and population growth threaten conventional farming methods. Recent flooding, as one example, cost the farming industry billions of dollars in lost crops and damage to the topsoil.

The Food and Agricultural Organization of the United Nations published “Strengthening Capacity for Climate Change Adaptation in Agriculture” in 2011 primarily because they, like many others, were concerned about the impact of climate changes on conventional farming methods and, more importantly, are seeking and sharing innovative new methods to discover ways that could be effective even in the face of dramatic weather changes.


Vertical farming (basically a skyscraper with produce grown on multiple floors) has been a hot concept, except that having a vertical building layered with farms is still more costly, at least for now, than farming conventionally.

Enter a revolutionary project in Winter Garden, Florida. A team of visionaries work together and build what becomes a Certified Green Building, but it didn’t stop there: their building is the first certified green building in the world with a commercial scale, “Aqua Dynamic” farm on the rooftop. The rooftop farm calls itself **“Green Sky Growers.”**

Green Sky Growers makes a wonderful contribution to their home city. The majority of the food that they produce is available to the local Winter Garden community, offering healthy nourishing fish and produce without an additional carbon footprint.

Green Sky Growers is just one example of **Building-Integrated Agriculture (BIA)** used today. BIA is a term used to describe when hydroponic farms are located on (and in) mixed-use buildings to exploit synergies between the built environment and agriculture. For example, the farms harvest the rooftop rainwater for irrigation systems. Apparently, the earliest known example of BIA would have probably been the Hanging Gardens of Babylon. Other modern examples include Gotham Greens in Brooklyn, Top Sprouts in Boston and Cityscape Farms in San Francisco.

While these projects certainly have not replaced conventional farming, they are up and coming. Just to get an idea of the costs required to establish such a project, the 10,000 square foot Gotham Greens Greenhouse cost approximately \$1.4 million to build. While this is substantially less expensive than the vertical Farm concept, which is estimated at approximately \$20-\$30 million to build, the costs may yet be prohibitive. Nevertheless, as climate changes cause increasing losses to farms on land that are exposed to the elements, farmers may choose to explore these new alternatives.

Building owners may benefit, too. Cityscape Farms for example is on the lookout for nearby buildings with a rooftop that can be leased to their main farm. They boast several benefits to the building owners, including qualifying for LEED points and sustainability accolades, increasing the existing building’s energy efficiency through their thermal insulation and the capture of waste heat, and last but certainly not least, profit from the lease of otherwise unused space. 



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STAY INFORMED:  



Figurella®

A Fitness Program Like No Other... And Just for Women

by Glenn R. Swift

Over the past 20 years, Figurella has swept across Europe like a firestorm and emerged as the dominant player in women's fitness on that continent. Featuring state-of-the-art equipment, professionally certified personal trainers and a revolutionary, customized all-natural fitness, weight-loss and nutritional program, Figurella has been hailed by fitness gurus across the globe for its cutting-edge approach and now serves millions of clients throughout the world in more than 500 locations.

Recently, Figurella opened its first center in the United States—in Palm Beach Gardens, Florida. "We're very excited about the opportunity to introduce Figurella to American women seeking to improve their overall health and wellness," said Cristina Lelli, President of Figurella USA. Lelli has been involved with Figurella almost from its inception and opened her first Figurella salon in her native Italy in 1991. She added 16 more over the next 10 years and still retains ownership in 12 centers abroad.

Make no mistake about it. Lelli takes her job very seriously.

FEATURE STORY



The “Bubbles” of Figurella

“Our program was founded 30 years ago by a Swiss doctor and later fine-tuned in Italy. Our system doesn’t need any changing because it works. It works because Figurella is not just another gym or spa or fitness trend. Figurella is a lifestyle.”

Lelli expounded upon Figurella’s unique approach to women’s fitness.

“We believe every woman is different. Whether you’re 75 or 25, every woman can have a personal program with Figurella. We offer a one-on-one relationship with a trainer with whom you can feel comfortable.”

“With Figurella, we personalize everything. We tailor specific programs based upon age, weight, eating and exercise habits. Then we specifically target the parts of your body that you need to work on. So, you’re going to do the movements based upon where you want to lose inches and pounds,” said Giulia Diloreto, Marketing Coordinator for Figurella USA and faithful devotee of the Figurella program.

Diloreto could not be happier in her current role.

“I loved the method and had been a friend of Cristina for several years. I was eager to join Figurella as a marketing consultant for its U.S. operations.”



Certified Figurella Instructor, Maria Pia Villanueva

Diloreto is passionate about her position and can be seen all over the Palm Beach area marketing Figurella, from “Girl’s Night Out” at PGA National Resort to many of the Northern Palm Beach County Chamber’s events. In fact, Diloreto attended the birthday party of Our Wonderful World’s very own Green Goddess (Sharon Quercioli) where she was eagerly educating women as to how to make a life-changing commitment to their personal well-being.

Speaking of the Green Goddess, SQ has just started the Figurella program herself.

“In just a few sessions, I’ve already noticed a change and lost inches. I’m really excited about the Figurella program.”





The Method

What exactly is the Figurella method?

“During the first consultation, which we call ‘body measurement,’ you will meet the Figurella therapist who will develop your customized program and assist you during the sessions. Each Figurella therapist is highly qualified and competent to monitor your progress and to provide encouragement to help you reach your goals. As a result, they know how to handle every situation and how to listen and care for every customer without invading their privacy,” Lelli said

“Every program is personalized based upon what each woman wants to achieve. You might desire to lose some weight and get back into shape or simply firm up your body. Then again, you might have an obesity problem and be looking for a complete lifestyle change,” Lelli continued.

“The Figurella method was born in Switzerland and is the only natural method adapted for women. Each customer's program includes a nutrition plan, moderate physical activity in a patented Bubble that reshapes the body in an extraordinary way and an active oxygen bath in a SpaShell that regenerates



Sharon Quercioli consults with Marketing Director and Figurella devotee Giulia Dilereto.



The "Bubbles" are heated to 98 degrees (body temp.) to activate a specific fat-burning enzyme in your body.



The Green Goddess enjoying the benefits of the SpaShell.



the tissues. Our goal is to bring the body to its right weight, shape and harmony. Figurella is a lifestyle that reshapes your curves to perfection,” Lelli added.

“Figurella’s customized program is based upon a thorough analysis of the body, lifestyle and personal goals. Because every woman is unique, our method is adapted to each customer like a tailor-made dress,” Dilorreto added.

Lelli revealed yet another of the many secrets behind the unique program’s amazing success.

“Our approach places less stress on the body, especially for those women in their 40s and up.”



The Bubble

With Figurella, even the equipment is different—very different.

“Instead of a treadmill or elliptical, we use equipment called the Bubble and the SpaShell,” Dilereto said. “The workout starts in the Bubble, a capsule heated to 98 degrees (body temperature) that contains four pulleys connected to weights. Each low impact movement is tailored to meet your target area. The temperature works to activate a specific fat-burning enzyme in your body. The enzyme is going to help you and your metabolism get going very quickly.”



“The Figurella Bubble is unique and groundbreaking. It is designed for specific movements aimed at the areas that need reshaping, movements that are activating the circulation and metabolism. They are executed lying down or on your side to protect the joints and the spine,” Lelli said.

“Our Bubble is patented and impossible to imitate! A transparent dome keeps a constant temperature of 98 degrees, which is exactly the body's temperature. The muscles can work safely, specifically and without warming-up, optimizing the 30 minutes per session,” Lelli continued.

“The temperature, combined with the physical activity, awakens surprisingly the whole metabolism and stimulates the body in the process of lipolysis, meaning the disposal of accumulated fat. In fact, in parallel with the increase in temperature, there is an increase of enzyme activity. Temperatures that are set too high or too low tend to inhibit the enzymatic reactions, that's why the best level is at a temperature similar to that of the body,” Diloreto said.

“The targeted movements focus the action right where it is needed, correct the localized fat accumulations, fight fluid retention or cellulite on the buttocks, thighs and waistline. Right where you want it!” said Lelli.





FEATURE STORY

The amenities of Figurella offer first-class luxury and privacy.



Oxygen Bath

“At Figurella, each 30-minute workout is equal to 90 minutes in a regular gym,” Lelli said. “After you finish your workout in the Bubble, you take a shower and then get into the Spashell for a 15 minute, 80-degree steam bath. It's sort of an active oxygen bath. Inside there, the oxygen is going to help you detox, and, of course, your skin is going to be more silky,” Diloreto said.

“The oxygen bath helps oxygenate the subcutaneous tissue and causes the skin to become more compact and elastic, smooth, visibly rehydrated and younger. Sitting comfortably within the SpaShell, your body enjoys the benefits of active oxygen, which accelerates fat metabolism and improves the circulation. The cellular metabolism makes the skin softer,” Lelli said.

The Green Goddess herself can testify to this herself.

“After just a few sessions at Figurella, my skin is amazingly soft. I can definitely see and feel a difference. And after my workout in the Bubble and SpaShell, I can lose anywhere from one to two pounds in a session.”

There are other benefits to the bath as well.

“The steam helps speed up fat burning and improves blood circulation,” Lelli added.



Nutritional Plan

“During each session, a nutritional plan is also developed. So, in essence what Figurella offers is a total body makeover,” Diletreto said.

“Figurella’s nutritional program allows the customer to reestablish a healthy relationship with food, which is the main cause for weight problems, together with the sedentary lifestyle,” Diloreto added.

“The dietary recommendations of Figurella are developed by experts in nutrition to help you lose weight, detoxify the body, combat water retention and get rid of unsightly cel-

lulite. Each nutritional profile is developed based upon your goals, habits, preferences and intolerances. We take into account your lifestyle, and we encourage you every step of the way,” Lelli said.

“Your therapist will teach you to combine foods, to discover different flavors and healthier eating habits. You will determine together, day after day, the effectiveness of the program. You will learn, in reality and not on paper, to listen to your body by finding a healthy lifestyle even when confronted with everyday traps (business lunches, impromptu cocktails with friends, family dinners),” Lelli added.





“For us at Figurella, every woman is unique and special. The first milestone of this journey is a private consultation that includes body measurement and a specific discussion regarding your personal goals. Only then, we will be in a position to set a course that will bear your name,” Dimoreto said.

Lelli was quick to respond when asked about one of the biggest misconceptions that women have about losing weight.

“Many people believe that to lose weight you have to work out until you die, but in most cases they end up merely burning sugar and not fat. The reason being is that when you stop exercising you need to replace the sugar and you end up eating. So, you need to keep your sugar within a certain range during your cardio workout.”

How are women different in the U.S. than in Europe?

“They are more stubborn,” laughed Lelli. “They tend to want the quick fix, and there are no short-cuts in fitness. Of course, there are other differences, too. Eating habits, the size of the portions, the toppings, all are very different than in Europe.”



Left to right: Maria Pia Villanueva, Glenn Swift, Sharon Quercioli and Giulia Dilereto

As for the future for Figurella USA, plans are already underway to add another salon in the very near future. “We’re very excited about how we’ve been received so far in Palm Beach Gardens. South Florida is a great market for us, and we hope to open another center in Coral Gables over the next year.”

Regardless of location, the method remains the same.

“All our classes in everyone of our centers emphasize the individualized relationship between the client and the trainer,” Lelli said. “But the essential difference with Figurella is in the method, and the method is simple: there are things you can do and things you can’t do. We take training very seriously and require from our clients a life-changing commitment. And if you make that commitment, there’s no reason it can’t work. It’s just a matter of time.” 🌍

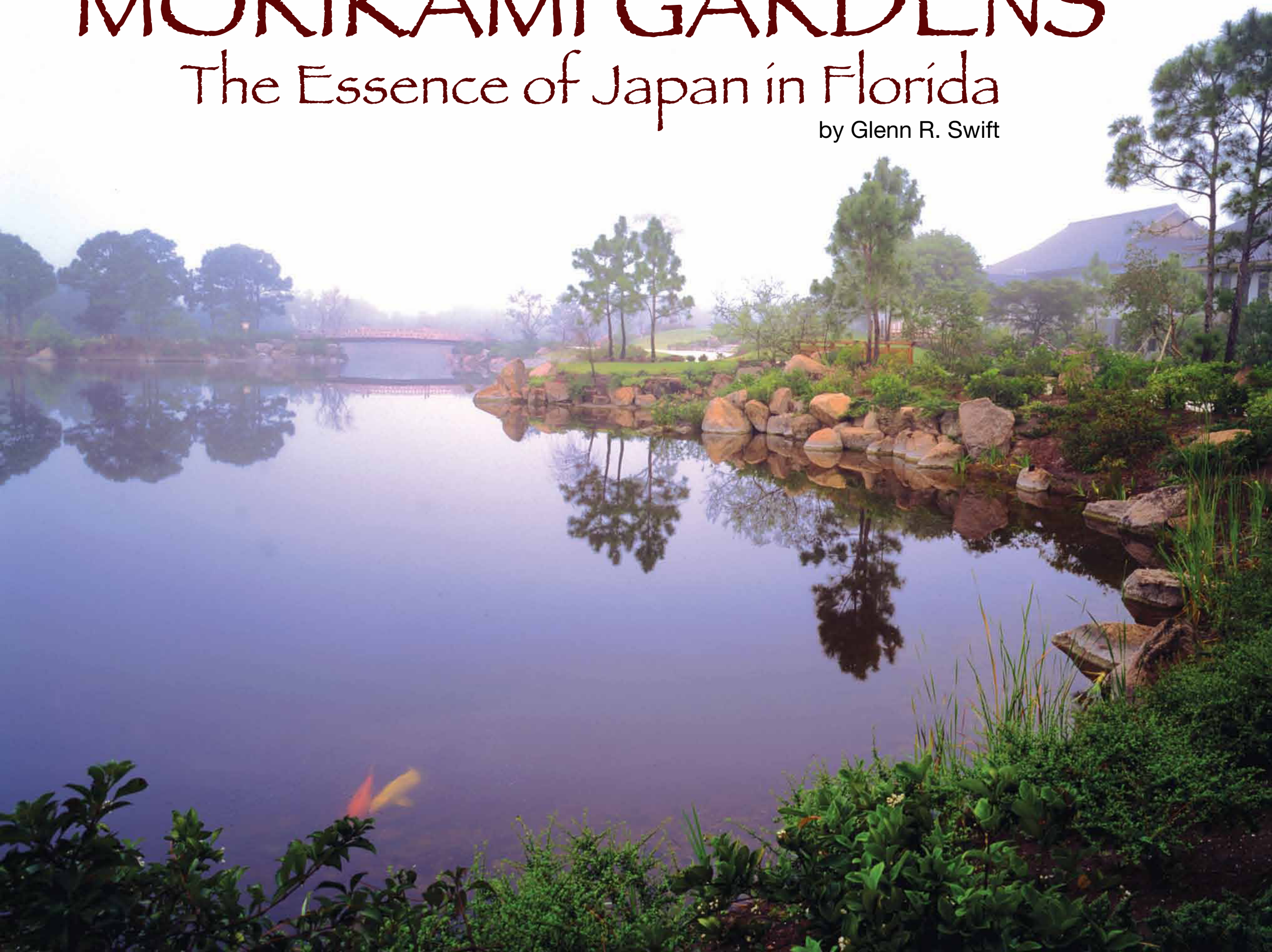


For more information about Figurella USA, please visit www.figurellausa.com.

MORIKAMI GARDENS

The Essence of Japan in Florida

by Glenn R. Swift



Since its opening in 1977, The Morikami Museum and Japanese Gardens has been a center for Japanese arts and culture in South Florida, with rotating exhibitions in its galleries, tea ceremonies performed monthly in its Seishin-an tea house, an educational outreach program with local schools and organizations and Japanese traditional festivals celebrated for the public several times a year.

The original building, named the Yamato-kan, is modeled to suggest a Japanese villa. It features a ring of exhibition rooms embracing an open-air courtyard with a dry garden of gravel, pebbles and small boulders. The Yamato-kan offers a permanent exhibit chronicling the history of the Yamato Colony, a Japanese farming community in South Florida 100 years ago.

The principal museum building opened in 1993 to meet a popular demand for more programming, more versatile facilities and to satisfy the needs of a growing community. The museum's architecture is inspired by traditional Japanese design. The building features exhibition galleries, 225-seat theater, authentic tea house with viewing gallery, library, classrooms, museum store, cafe and lakeside terrace with Japanese courtyard garden.

The Morikami Museum Collection houses 5,000 Japanese art objects and artifacts, including a 500-piece collection of tea ceremony items, more than 200 textile pieces and recent fine art acquisitions. The 200 acres that surround The Morikami's two museum buildings include expansive Japanese gardens with strolling paths, resting areas, tropical bonsai collection, small lakes teeming with koi and other wildlife, nature trails, pine forests and park and picnic areas.







In 2001, The Morikami completed a major garden expansion and renovation. The new gardens reflect major periods of Japanese garden design, from the eighth to the 20th century, and serve as an outdoor extension of the museum. The Morikami Gardens consists of shinden islands, paradise garden and contemporary garden. According to the garden designer, Hoichi Kurisu, each garden is intended to express the character and ideas of a unique counterpart in Japan without attempting to duplicate those gardens, and seamlessly flow together as one garden.

The Morikami Museum and Japanese Gardens, with its unique gardens and collections, is one of Palm Beach County's most treasured cultural attractions. Located in a tranquil natural setting, The Morikami invites visitors to explore its many facets and to discover Florida's heritage and its connection with Japan.

Since the opening of the original Museum in 1977, Palm Beach County and the Board of Trustees of the Morikami, Inc. have been partners in bringing The Morikami Museum and Japanese Gardens' services to the public. The park and building are the property of Palm Beach County. The Morikami Inc., a non-profit corporation, provides financial and volunteer support from membership, donations, grants and other revenue-producing activities.

The Morikami Gardens, named Roji-en ("Garden of the Drops of Dew), are ranked 8th among more than 300 Japanese Gardens outside Japan






by the Journal of Japanese Gardening. (See www.rotheien.com/topics/na-survery.htm for more information.) The Morikami includes a series of six diverse gardens, each inspired by a different historical period and type of Japanese garden. This is the only venue in the world to include a sweep of historical garden design, a conceptual theme that is unique to a cultural museum.

“The Museum’s mission to promote understanding of the Japanese culture is carried through to the gardens, which illustrate the Japanese approach to nature over the centuries,” said Larry Rosensweig, past Museum Director.

While botanical gardens are intended to provide knowledge and information about specific plant species, The Morikami Gardens are authentic Japanese-style gardens. They were

intended to be experienced through nature as a whole by becoming in tune with a sense of space and rhythm, light and shade, texture and sound.

Our Wonderful World invites you to visit this amazing natural wonder and to stroll the garden with an open mind and relaxed senses.

Experience the essence of Japan in Florida. Discover The Morikami. 

For more information about The Morikami Museum and Japanese Gardens, please visit www.morikami.org.



Designer's Statement

Immersed in society's materialism, increasingly boxed into a systematized world, we have become immune to a simpler, more natural way of living and thinking. It is difficult if not impossible under such circumstances to experience and know reality. Despite our accomplishments and possessions, our deeper desires often remain unfulfilled. We find ourselves preoccupied with modern society's demands, drawing us away from cultivating a more fundamental relationship with Life.

The development of the Cornell Japanese Gardens at Morikami Park offers rich potential for thought and experience. They are an invitation to stop momentarily and ponder anew what we are, where we have been and where we are heading. My hope is that visitors will let the gardens speak to them of timeless truths and rhythms which can provide therapeutic insights for today. I hope visitors will listen to, cherish and act upon the inspiration the gardens impart to them individually.

Strolling through pine forest or bamboo grove, viewing the rock formations, arrangements of plants and cascading waterfalls, pausing to ponder the quiet surface of the lake and shoreline, little by little we are encouraged to lay aside the chaos of a troubled world and gently nurture the capacity within to hear a more harmonious, universal rhythm. We exchange burden, boredom and despair for renewal, inspiration and hope. Or, from the joy we already feel, we discover an even greater capacity for good. This is the tremendous power the Japanese gardens at Morikami Park hold for us.

My hope is that a visit to the gardens will genuinely and deeply touch each individual's life. My hope is that progressive ideas will be born and that action will take root here, that the intuitive conviction of such enduring qualities as beauty, love, health and wholeness, integrity, creativity, renewal and selflessness will be strengthened.

I will have accomplished my goal if visitors to the gardens come away refreshed and feeling better about themselves and their world while looking forward to sharing their experiences here with others.

~ Hoichi Kurisu





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JRC Consulting Group Helps To Stop the Tears Golf Tournament Held at the Lost Lake Golf Club in Hobe Sound, Florida To Benefit United for Families and Help Break the Cycle of Child Abuse Is a Major Success

GREEN GOINGS

by Glenn R. Swift

Thanks to the efforts of John Carr, President and Founder of JRC Consulting Group (www.jrcconsultinggroup.com), and a number of dedicated volunteers, the Second Annual JRC Charity Golf Tournament set a new milestone for the new event.

"We had 100 golfers participate and raised over \$6,000 for United for Families. This was \$1600 more than we raised last year and positions us well to be even more successful next year," Carr said. 🌍

The tournament's winning teams were:

Overall Winners: JRC Consulting Group (pictured left)

Handicap Winners: Crown Car Care

United for Families (www.uff.us) is a non-profit agency charged with developing community-based services and supports for children and families served by the child welfare system in Martin, St. Lucie, Indian River and Okeechobee counties. The agency's mission is to break the cycle of child abuse through a diverse network of community partners and innovative services.



The Our Wonderful World Team left to right: Nick Daidone, Sharon Quercioli, Dr. Jean Wihbey and David Paradeau



The Seaview Radio Team



The Got Sprouts Team

GREEN GOINGS

Northern Palm Beach County Chamber's Women in Business Luncheon Features Jacqueline Whitmore

by Glenn R. Swift



Left to right: Dr. Jean Wihbey, Sharon Quercioli, Jacqueline Whitmore and Nancy Mobberly

The **Women in Business Council** of the Northern Palm Beach County Chamber of Commerce presented its second quarterly event of 2012, a luncheon with Jacqueline Whitmore, CSP, on Thursday, June 28 at the Jupiter Beach Resort. Whitmore's presentation was entitled: "Poised for Success: Mastering the Four Qualities that Distinguish Outstanding Professional Women."

Jacqueline Whitmore, CSP, is an international etiquette expert, author and spokesperson who has helped thousands of people around the world learn to be more confident and courteous in business and social situations. She is the author of *Poised for Success and Business Class: Etiquette Essentials for Success at Work*, which is currently in its tenth printing and has been translated into four languages. 🌍

For more information about the Northern Palm Beach County Chamber of Commerce, please visit www.npbchamber.com.



GREEN GOINGS



Figurella Receives Gardens Ladies

Leading European Fitness Company Opens Women's Salon in Palm Beach Gardens

by Glenn R. Swift

On Thursday, June 11 from 5:30pm to 7pm, Figurella, Europe's leading firm in women's fitness, hosted some of Northern Palm Beach County's leading ladies in celebration of its first center in the United States. The ladies were introduced to the world-renowned Figurella Method, a comprehensive, all-natural fitness, weight-loss and nutritional program. The method was developed by a Swiss doctor over 30 years ago and remains the only natural method adapted exclusively for women.

"Our goal is to bring the body to its right weight, shape and harmony. Figurella is a lifestyle that reshapes your curves to perfection," said Cristina Lelli, President of Figurella USA.

With over 500 locations worldwide, Figurella is very excited about the opportunity to introduce Figurella to American women seeking to improve their overall health and wellness. "Our system works because Figurella is not just another gym or spa or fitness trend. Figurella is a lifestyle," Lelli added.

Some of the attendees included Sue Chieco of Bascom Palmer, Gail McCormick of the Northern Palm Beach County Chamber of Commerce, Nancy Mobberly of the Financial Investment Network, Rhea Slinger of The Channing Corporation, Sharon Quercioli, President of Our Wonderful World Media & Entertainment, Sally Byrd of Sun Trust and Marie Manning. 🌍

For more information about Figurella USA, please visit www.figurellausa.com.



GREEN GOINGS

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13th Annual HORIZONS FISHING TOURNAMENT



Dale Gosnell won the Junior Division reeling in a dolphin that tipped the scales at 15.2 pounds.

13th Annual Horizons Fishing Tournament Reels in Big Dollars for Hospice of Palm Beach County

by Glenn R. Swift

The Thirteenth Annual Horizons Fishing Tournament for the benefit of Hospice of Palm Beach County Foundation was a major success with the following anglers announced as winners of the competition:

First Place Winner: Chris Boesell for catching a dolphin weighing in at 32.9 pounds.

Junior Division Winner: Dale Gosnell for reeling in a dolphin that tipped the scales at 15.2 pounds.

Many anglers joined in on the fun and cast off for a great cause. The event was held as a benefit of 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 Hospice of Palm Beach County's programs. 🌍

For more information about Hospice of Palm Beach County Foundation, please visit www.hpbcf.org.

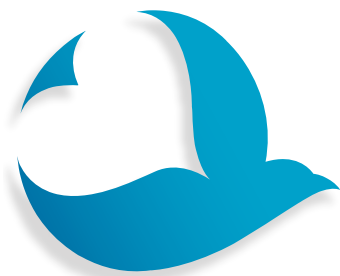
GREEN GOINGS



Left to right: Chris Boesell, Cindy Cswerbo and Jeff Bell



Left to right: Sharon Quercioli, Greg Leach and Glenn Swift



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GREEN GOINGS



Left to right: George Lott, Alex Maniotis, Andrew Carnaras and Chris Didio



Left to right: Bryan Kemmerer, Mike Poling, Michael Blotnick and his proud dad, Dave Blotnick

PEARLS OF WISDOM FROM THE GREEN GODDESS

Simple Yoga Technique with Frankincense

by Sharon Quercioli

Yogis throughout the ages have practiced pranayama, the art of breathing well. Prana means “breath,” “vitality,” or “energy;” ayama means “to stretch.” Pranayama extends and regulates the energy flow throughout the body. Regular users of Young Living essential oils probably know the importance of being able to breathe unencumbered, deeply and fully. As we inhale essential oils, the tiny molecules of the oils enter through our nasal passages, into our lungs and then into our bloodstream, helping increase the uptake of oxygen, among the many benefits the oils provide.

When we practice special breathing techniques, such a pranayama combined with using essential oils, we have the ability to clear our minds, calm our nervous systems and restore balance in our emotions in a very profound way.

Try this simple pranayama technique with frankincense essential oil, which is known as the “holy anointing oil.” Frankincense can help ground us into a physical experience on the earth plane while also helping lift our consciousness to higher states of being.

Three-Part Yoga Breathing Technique

Get your bottle of your frankincense essential oil and lie on the floor on your back with your knees bent. Place a drop of frankincense into your left palm and gently rub your hands together clockwise to spread the oil evenly onto your palms.

Step 1: Bring your oiled palms up to your nose and inhale deeply; first concentrate on lifting your navel and lower abdomen for ten breaths. After the first three or five inhalations, you may rest your hands

Quote of the Month: “Real difficulties can be overcome, it is only the imaginary ones that are unconquerable.”
Theodore N. Vail

on your lower abdomen to focus on sending the air to your lower abdomen. Exhale completely before the next inhalation.

Step 2: Apply another drop of frankincense to your palms, rub your hands together as described above, bring your palms to your nose and begin another round of ten breaths; this time focus your breath into your middle abdomen and mid rib cage area. Rest your hands on your rib cage to help you focus your breath there. At the end of the tenth breath, fully exhale all the air out from your lungs and feel your navel draw up toward your spine.

Step 3: Reapply the frankincense to your palms and inhale for another round of ten breaths, this time focusing upon filling your upper chest and upper lungs. Place your hands on your collarbones to help you focus your breath in the upper region of your lungs.

Now put all the steps together for the three-part yoga breath so you breathe evenly into all three sections of the torso: lower abdominal area, middle rib cage and collarbones. Feel free to apply more essential oil to your palms and inhale if needed. Try to keep each inhalation and exhalation equal in length. Follow the breath and the scent of the frankincense, imagining the oil and the air washing through you. Your steady breath

and the frankincense oil will help calm your mind and bring harmony to your whole body.

Exfoliating Massage – A Revitalizing Treatment for Tired Skin

400 gm sea salt
25 ml sunflower or olive oil
2 drops juniper berry (*Juniperus communis*)
2 drops lavender (*Lavandula angustifolia*)
2 drops frankincense (*Boswellia carterii*)

Mix the ingredients in a bowl. Stand in a dry bath and gently massage your entire body with the aromatic salt working up from the feet. Fill the bath with warm water and lie back and relax for at least 15 minutes. Your skin will become soft, glowing and delightfully aromatic. 🌍



Sacred Frankincense essential oil comes from the Boswellia sacra frankincense tree and is distilled at the Young Living distillery in Oman. Sacred Frankincense is ideal for those who wish to take their spiritual journey and meditation experiences to a higher level.

To purchase Young Living Basil Oil, please email Sharon Quercioli at Sharon@owwmedia.com.



FACIALS ARE AN ESSENTIAL PART OF ANY SKINCARE ROUTINE

by Karen Levine Cantor

Generally, most individuals believe that if they are using a cleanser and a moisturizer that there is no need to visit a spa for a facial. According to Dawn Hagen, The Lane Spa's Licensed Esthetician, facials are an integral part of one's self-care routine. Just as a person would visit a dentist for a deep cleaning, it is important to have a licensed professional esthetician check over your skin, look for changes and recommend products or treat-

ments for better skin health and function. People forget the skin is an organ and that respiration, excretion and absorption are some of its functions. If your skin is not cared for properly, it will feel it and show it. Ashley Ayer-Lance, Licensed Esthetician, says "Our skin is the largest organ of the body and keeping it healthy is important, not only for appearance but also allowing it to breathe, excrete toxins and absorb efficiently."

For those uncertain of what a facial might entail below is the basic eight-step process for a deep cleansing facial at The Lane Spa:

ANALYSIS

An analysis of your skin is performed allowing the client and esthetician a chance to decide what type of facial is required. Questions are asked and a "Plan of Action" is determined.

CLEANSING

A cleanser based on skin type will be massaged into the skin and then rinsed. Steam is applied to loosen impurities clogging the pores.

EXTRACTIONS

"This is simply removing any unwanted matter from inside the pores of the skin. With the prior preparation to include steaming, this process does not have to be uncomfortable," says Esthetician Ayer-Lance. Extractions are one of the most important parts of a facial if you have blackheads or whiteheads, because a skilled esthetician can remove them more safely than you can.

TONING

This helps remove all traces of oil, dirt and makeup and revitalize your face by closing the pores.

EXFOLIATING

This step removes dead, dull skin cells from the surface of the skin with a physical abrasion, chemical abrasion or sometimes both.

This will leave the skin softer, smoother and more vibrant in appearance.

MASKING

A mask is chosen based upon the desired result and skin type.

MASSAGING

While the mask is being absorbed into the skin, a relaxing massage is performed, on face, arms, hands, neck and shoulders. Besides softening the skin, massage stimulates blood circulation and removes dead skin.

MOISTURIZING

Once the mask is removed, serums, moisturizer and eye cream are applied. A sunscreen is then applied to fresh clean skin, thus completing the facial.

To start enjoying radiant skin, book an appointment to enjoy a Signature Facial at The Lane Spa and Salon in Palm Beach Gardens. The Lane Spa estheticians like Dawn Hagen and Ashley Lance-Ayer are highly educated, licensed professionals who are concerned about every guest's needs creating personalized 60-minute treatments. [Click here to take advantage of their monthly specials.](#) 🌍

For more information about The Lane Spa, please call (561) 691-0104, e-mail relax@thelancespa.com or visit www.thelanespa.com.

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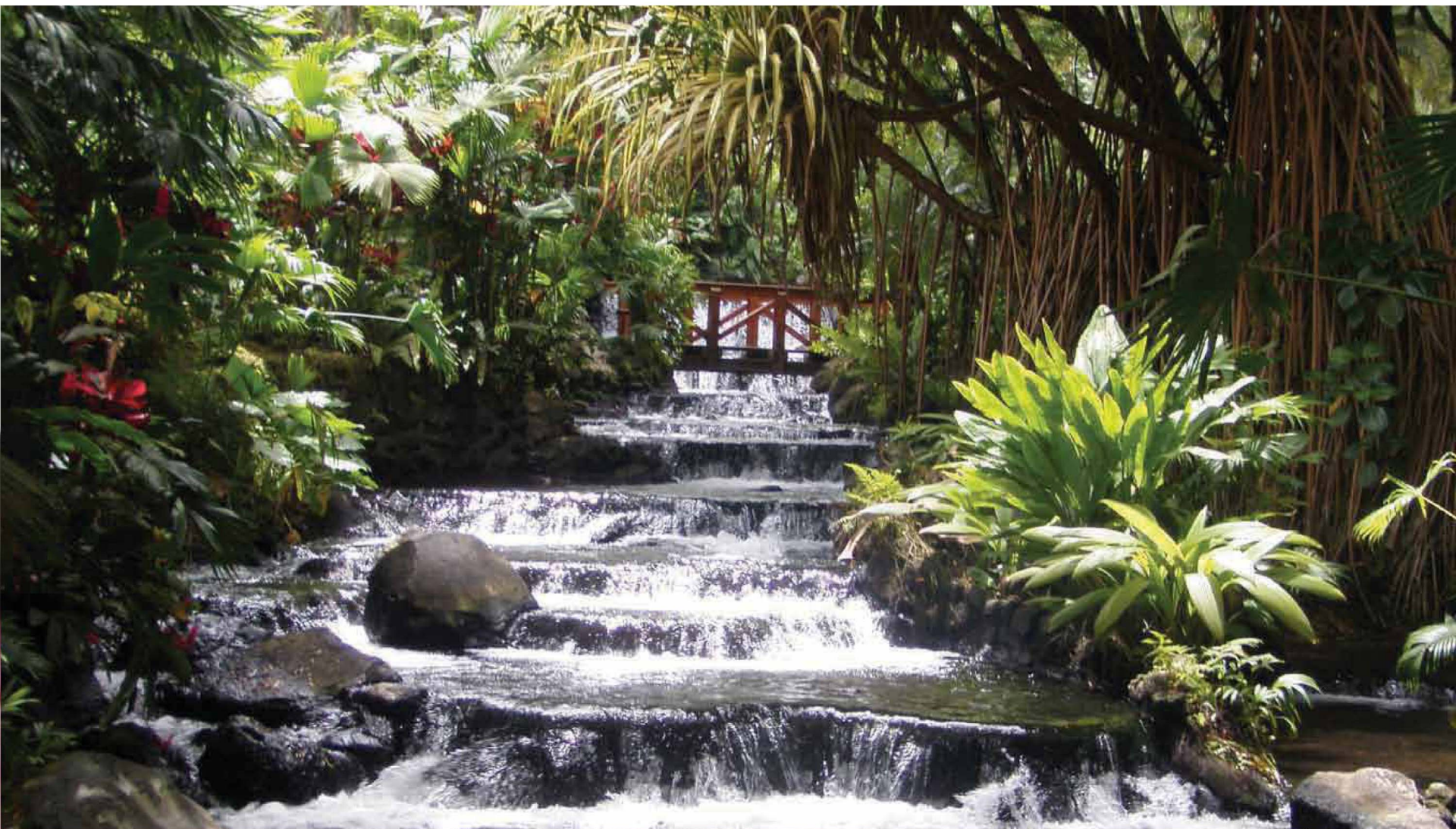
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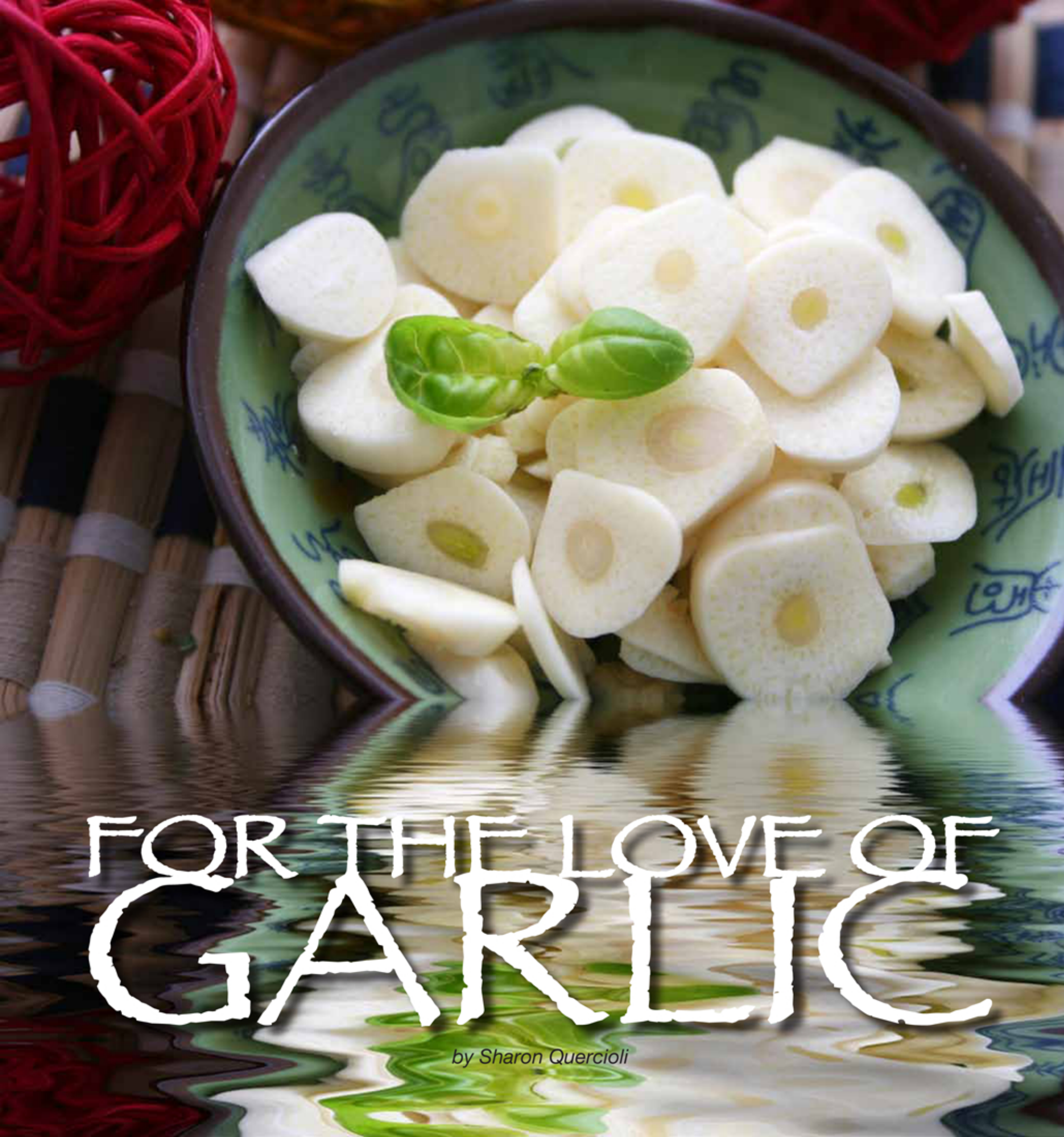
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FOR THE LOVE OF GARLIC

by Sharon Quercioli

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

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

What's in a clove?

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

There have been a variety of large-scale

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

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

Cold killer?

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



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

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

Easy ways to eat garlic.

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

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

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

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

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

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



Lessons for a Greener Tomorrow

Coming from Yesterday

by Sandra Frens

In a time when our focus is trying to create a greener tomorrow, one can be hard pressed to believe that in the times of yesterdays past our behaviors may have been greener than what they are today.

Back in the time of my grandmother and even further, it was more common place to pass along family treasures so that the next generation would have items to use for their home. Unlike today, people were not so quick to run off and buy the next new “big thing” that TV insists we need.

Yet, passing down furniture and other heirlooms to family members wasn't thought of as being green, but as being practical or upholding a tradition. In more recent times, the gifting of furniture from one family member to another seems to be fading into the background as we are bombarded with messages of BUY-BUY-BUY, NEW-NEW-NEW!

Despite our best efforts to counteract this, we are living in a disposable culture. The items that are marketed to us as new are items that are not meant to last (especially when it comes to furniture). Most furniture found at many stores is made of press-board (a material that's little more than sawdust and glue) covered in a wood veneer (usually a glorified tact paper no

better than a bumper sticker) and meant to last only a few years, forcing us to buy a new replacement later on.

One thing you can do to counteract this unnecessary spending is to invest in high quality real wood furniture. Fine wood pieces can last for generations if properly cared for. Just be sure to occasionally oil the wood and polish it to keep its beautiful appearance. Also make sure to clean any spills promptly. Encourage guests to use coasters by keeping them close by and visible so glasses do not leave rings on your pieces. ([If you are looking for some nice eco-friendly coasters, check out Sprouts! by clicking this link!](#)) Not only will you keep your wood furniture from getting destroyed, your guest can plant them and grow beautiful wildflowers.) If buying new wood furniture is out of your budget and you're in need of a nice piece for your home, check out some of your local thrift stores. You'd be surprised how many fine pieces of furniture are donated!

The best thing about real wood furniture is that it can always be refinished to fit whatever décor you have in your home. Whether you want to go for the shabby-chic look, re-stain the wood to a new color or paint over the piece, wood has a lot of diversity and can fit any decorating style. **The question is, WOOD you like to see a greener future?**

GOING GREEN



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Ask The
Energy Expert:

Alternative Energy Vehicles

by Scott Ranck



On Friday, October 7, 2011 in Clearwater, FL, a natural gas filling station had a ribbon cutting ceremony officially opening the largest compressed natural gas filling station in the Southeast that will be open to the public. The City of Clearwater is converting all their sanitation vehicles to run on compressed natural gas. Verizon is moving approximately 100 natural gas fleet vehicles into the area that will also use the fill station. There were approximately 100 people at the ribbon cutting, including the Mayor of Clearwater, other elected officials from both the city and state and many natural gas industry people. The price at the pump for the natural gas is \$2.19 per gallon.

This is exciting to me on many levels. One, natural gas is a domestic product. The U.S. is considered the Saudi Arabia of natural gas. This could be one part of the answer of becoming a self-sustaining nation in relation to our energy needs. Two, the local Honda dealers are going to begin stocking their Honda natural gas vehicle. The cars have fewer emissions and get the full manufacturer's suggested mileage because of no ethanol additives that lower the octane of our regular gas. Three, there are options for people who have natural gas in their neighborhoods to have their own fill stations right in their garage.

For large fleets of vehicles that do daily runs and return to the home base nightly, the numbers make great sense as well. That is why we recently read in the Tampa news that the Tam-

pa International Airport has signed an agreement to convert all fleet vehicles to natural gas. There are many more compressed natural gas filling stations scheduled to be built all around Florida. As the momentum builds, the benefit will be greater than you and me having options. The OPEC nations will also see we are too industrious and innovative to allow them to hold us hostage. The price of regular gas will have to drop to stay competitive as we become less dependent.

It may be time for all of us to begin weighing our options. We may decide to become early adopters of what will become a growing trend in America. 🌍

[Click to here an exclusive interview with Scott Ranck, Energy Specialist for FPU.](#)

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

GOING GREEN

Intelligent Landscapes

Save Water, Save Money, Save our Ecosystem!

by Teresa VanDyk Marshall

Some may say that it's unlikely that we can ever use up all of the water in the aquifers below. Nevertheless, there are some very negative impacts to our ecosystem to which most of us would want no part. Just one issue... If we withdraw water from our sources before nature puts at least that same amount back in, we are looking at possibly dropping lake levels or causing wetlands to recede, forcing the animals and plants that rely upon them to lose their homes. Worse yet, it is possible that we may use water up faster than we can clean and replace it—causing our own water shortages. So, these are just a couple of reasons why we are dedicated to using our water wisely.

A while back, my husband and I were coming home from a trip in the rain. Here it was—pouring down cats and dogs—and yet, our association's sprinklers were still spraying our already drenched landscape!

Well, this made me stop and ask, what are some ways that we could improve our own watering habits? How can we save water, save money and help save our Earth's resources? What tools are available?

We asked a pretty big expert in the field, Rainbird Corporation, for some pointers, and they had some great ideas that we have to share.

Smart to the Weather

If we are watering with city water, it's most unnecessary (and quite expensive)

to be watering a garden regularly when it's raining outside. So what can we do? Well, if well water is not available, there is an inexpensive “shut off” device that we can install which automatically detects rain and moisture.

So, if I am headed out of town for a week, overwatering is one problem that I will not be thinking about.

Timing is Everything

According to Rainbird, we need to water early in the day, from 5 AM to 10 AM being the ideal times. Why? It turns out that mid-day watering tends to be less efficient due to water loss from windy conditions and evaporation. Watering in the evening, thus leaving leaves wet overnight, can encourage fungus to grow. Morning watering means better moisture penetration, and our leaves can dry out all day in the sun.

Different Plants Need Different Water

Are you about to plant a garden? Consider planting plants in zones, based upon how much water they like. Some plants like daily watering, and others will thrive if watered only once a week.

Rainbird Sprinkler systems offer an integrated sprinkler and drip approach, which can help you water all zones automatically with the most efficiency.

Stop Watering the Sidewalk

Inspect your sprinkler heads regularly to

make sure you are only watering things that grow and not your driveway or your neighbor's driveway for that matter! This can not only flood your neighbor's front lawn, but, if you water using city water, it can do a number to your water bill too.


A Drip Option?

Would you like to prevent water runoff and help prevent weeds from growing in your well watered flower beds? Then consider applying water directly to your plants roots through a low volume “drip irrigation” system.

Check with your preferred sprinkler supplier or contact Rainbird Corporation for more information at www.Rainbird.com.

Saving water is the responsible—and even profitable—thing to do. Water can be mismanaged, causing shortages if we all were not careful to save water.

Saving water while using smart sprinkler systems yields a beautiful landscape without leaving a heavy footprint on Earth's natural resources, and it has its financial advantages as well: city water users have a lower water bill, and, according to the National Association of Realtors, housing resale values increase by up to 15% when landscapes are well maintained.

As our human family continues to grow, our collective contribution to conservation will also become the largest efforts in saving resources for our families now and the generations to come. 

**“We never know the worth of water
—till the well is dry.”
(Thomas Fuller)**

GOING GREEN

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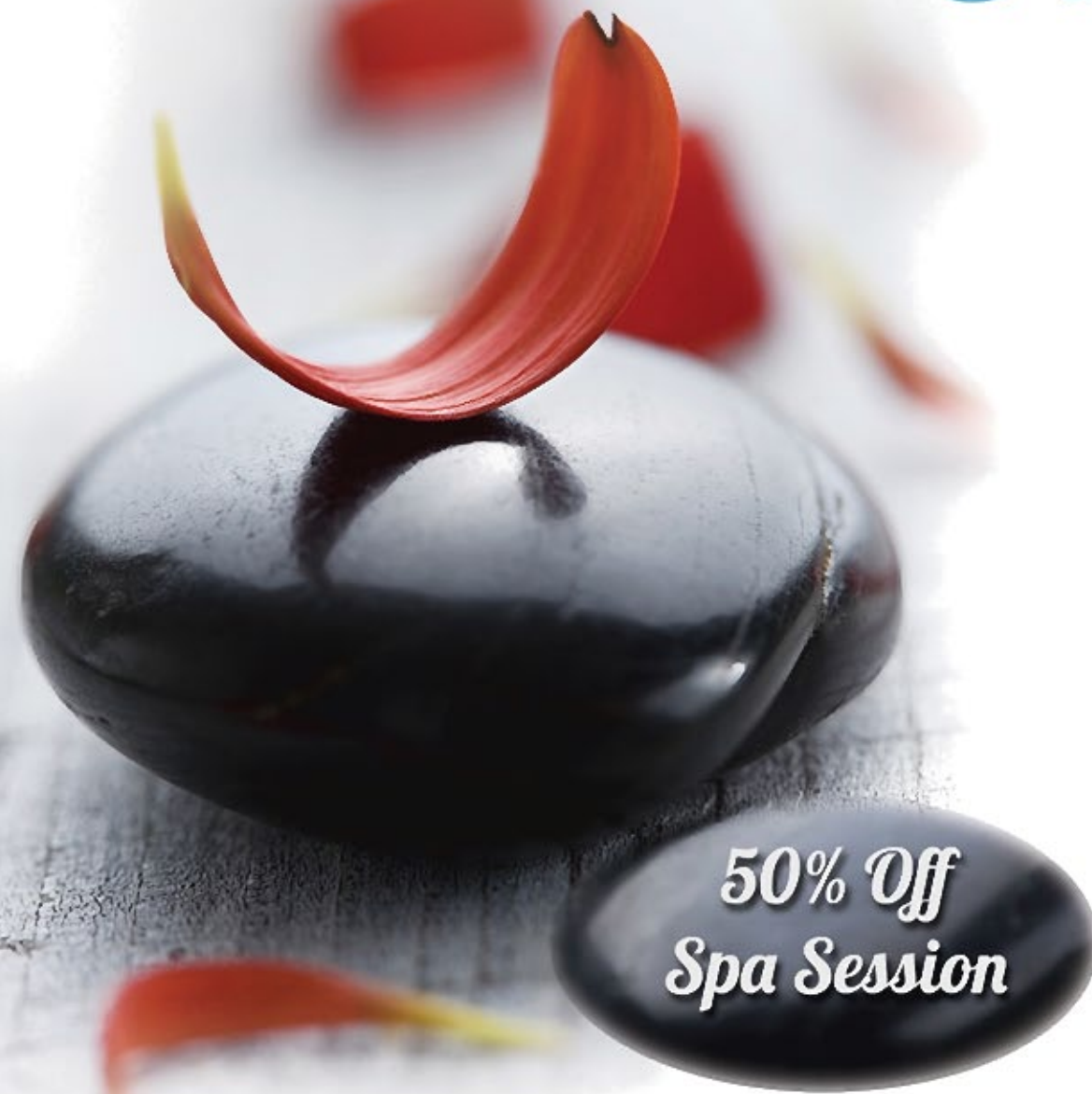
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SCHOOL LUNCH

What Local Can Mean For Our Kids

by Richard Hawkins

Over 90% of school-age children eat lunch at school. Forty percent eat a snack at school and 20% eat breakfast at school. Our kids are preparing for their adult life at school. What life lessons are they learning about food and nutrition? Some statistics point to the need for changes in our school food programs.

The unfortunate fact is that the obesity rate in children has tripled since 1980. The CDC claims that 12.5 million American children are obese. What children learn is carried into adulthood. Currently more than one in three adults are obese. In 2008, the estimated medical cost in the United States from obesity was estimated at \$147 billion. Schools are not the cause of this epidemic, but they can certainly be part of the cure.

One of the best solutions to promote healthy eating habits in children and reducing the risk for obesity is by incorporating farm-to-school programs. There are usually plentiful unhealthy food and drink options on school campuses, and it is hard not to choose pizza and French fries when they are offered. Farm-to-school programs can help educate children about the connections between health and food choices. This program can help provide healthy food choices in school settings. If our kids learn to make informed eating choices now, they are much more likely to make informed choices as adults.

There are a myriad of benefits to be gleaned from farm-to-school programs in addition to the health of our children. Schools can benefit with increased participation in school food programs boosting food service revenue. Local fresh food programs can enhance wellness programs and provide additional curricular options.

Florida is an agricultural state and farm-to-school is good for our farmers. School food programs offer increased sales opportunities for our local farms and

a more direct approach to help farmers gain a larger share of the food dollar. As children bring home the lessons learned about local food, expect the household to seek out more local food options as well.

Communities will reap the benefit of the food dollars staying in the local economy. Successful farms provide jobs, pay taxes and protect the agricultural land from development. Undeveloped land helps preserve open spaces, protect wildlife habitat and groundwater regeneration, and reduce the cost of community services.

Local food systems are also good for our environment. Local food sourcing is more sustainable and produces much less greenhouse gas emissions than the traditional system of production and transport. The current system requires 10 – 15 calories of energy (primarily fossil fuels) to create just one calorie of food.

Florida Agriculture Commissioner Adam Putnum has taken over administration of the state's school lunch program and vowed to improve food quality and freshness. Localecopia was founded to eliminate the disconnect between our growers and end users and is working diligently to make farm-to-school successful. Farm-to-school makes sense for Florida. Let's all strive to make this work. 🌍

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



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Time Wasters

Salespeople Need to Avoid

Part 3 of 3 - by John Carr



Time is precious and the last thing we want to do is waste it. There are typically twenty-one sales days in each month and on average seven hours per day. So, we have one hundred and forty-seven hours per month of selling time. That is not a huge amount of time when we think about it. Remember, time is precious—especially selling time. And in the final part of this three part series, we are going to look at a few time wasters that most sales professionals overlook. The time wasters in this article are not in any particular order, but you should always be aware of them.

1. Haste Makes Waste!

Take your time on projects and get them right the first time or at least minimize what you have to fix when proof reading or double-checking your presentation. I have found that whenever I am rushing to finish a project I either forget something the prospect was asking for, gave them information they were not interested in, or, more importantly, priced it incorrectly. If you know a project will typically take an hour, schedule an hour and a half to complete it. I have seen many contracts as a sales manager that had to be re-signed because of an error by a sales person who was rushing.

2. Paperwork and Research

These are the two things that should always be avoided in those one hundred and forty-seven-hour window. I understand some paperwork and research may have to be handled during those hours, but it is very important to avoid that. It is interesting that I see many sales professionals at ten in the morning reading a particular industry magazine or surfing the Internet looking for articles related to their industry. This should be an activity that you can complete during the other five hundred and fifty-six hours in the month.

3. Messy Work Area

Keep your work area organized and clean. This makes it much easier when you are looking for a file or a piece of paper that you need. I know exactly where to go on my desk to find anything. I have a system so that every night when I am finished I have a clean work area for the next day. Have you ever lost a file on your desk and could not find it for days, then a week later as you are going through another pile on the credenza next to the desk (by the way you are looking for another file) that you find the one you were looking for last week? If this sounds familiar, it may be time to organize your work area.

Last But Not Last!

4. Review Tomorrow

At the end of the day, you need to look at the next day and make sure you are prepared for everything you have coming up. I recommend taking a look at the week ahead as well and making sure that anything you may need for the appointments you have scheduled you have ready. Always make sure you are ready for the next day's appointment before the next day arrives!

These are some of the tips we train at JRC Consulting Group in our advanced sales training in regards to time management. I hope you enjoyed them, and, if you would like more information about JRC Consulting Group, please contact me at john@jrconsultinggroup.com. 

John Carr is the President of JRC Consulting Group (www.jrconsultinggroup.com), a sales training company

that trains salespeople and helps companies in hiring new staff.

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- *Hiring Consulting*
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- *Networking/Prospecting Workshops*
- *Speaking Engagements*
- *Personal Networking Event Coaching*
- *Effective Cold Calling and Prospecting*
- *Sales Assessments*

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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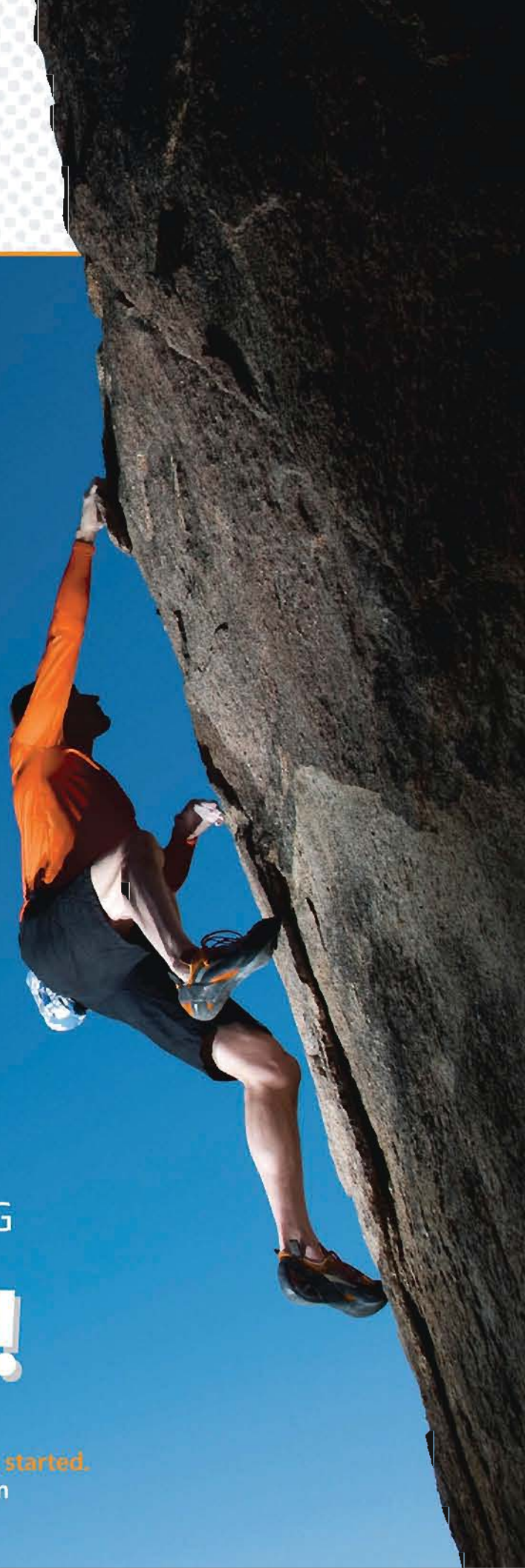
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Meet the Team...



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.



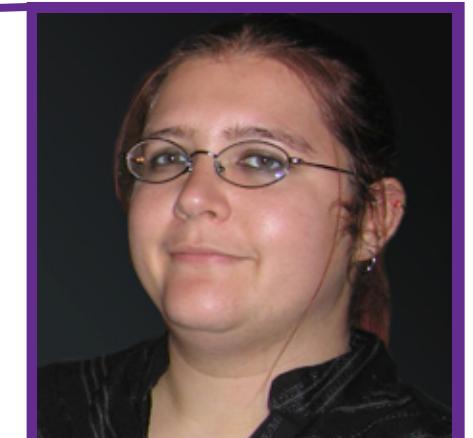
GLENN SWIFT

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. 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."



Our Wonderful World

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June, 2012
Volume 3 :: Number 6



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Welcome To



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The Archive

