



# Our Wonderful World

September, 2012  
Volume 3 :: Number 9

The Art of Living Green 



## What to Eat *To Beat The Heat*

## Center for Great Apes *Wachula's Ape Heaven*

## Ten Steps to *Healthy Feet*

Enjoy the interactive format of our magazine by using the ToolBar at the top of the page to turn pages, search, zoom, email, download, print, etc. To maximize your enjoyment of the magazine, click on the Full Screen key:

Our Wonderful World  
Volume 3 Number 9





# Table of Contents

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

## Contributors and Advertisers

## Letter from the Publishers

## Cover Story

Florida's "Great Ape Heaven"  
*by Glenn R. Swift*

## Green Goings

Poinciana Country Club Hosts  
Palm Beach Lifestyle Expo  
*by Glenn R. Swift*

## Health & Wellness

Pearls of Wisdom from the Green Goddess  
Keeping the Air You Breathe Fresh and Clean  
*by Sharon Quercioli*

Ten Steps to Healthy Feet  
*by Karen Levine Cantor*

## Eating Well

What Do You Eat To Beat the Heat?  
*by Sharon Quercioli*



[Click Here for the downloadable pdf!](#)



Our Wonderful World  
Volume 3 Number 9

## Going Green

The ART of Being Eco-Conscious  
*by Sandra Frens*

Ask the Energy Expert  
New Homes vs Remodeling  
*by Scott Ranck*

Building an Herb Garden  
Fit for the Tropics  
*by Teresa VanDyk Marshall*

## Nonprofit/Charity

Will the Weather Dry  
Up Your Food Budget?  
*by Richard Hawkins*

## Business

I Joined the Chamber of Commerce...  
Now What?  
*by John Carr*

## Travel

Inn on the Lakes  
Sebring Florida's Tranquil Waterside Gem  
*by Glenn R. Swift*

## Green Goodies

## Meet The Team



## Contributors and Advertisers

**Bok Tower & Gardens**

**Center for Great Apes**

**Debra Caramagno, Acupuncture Physician**

**Evo Merchant Services**

**Florida Public Utilities**

**Greater Good Alliance**

**Inn on the Lakes**

**JRC Consulting Group**

**Localecopia**

**Merrill Lynch - William F. Bruckner**

**Northern Palm Beach County Chamber of Commerce**

**Nozzle Nolen**

**Robby Antonio Photography**

**Sean Reed Consulting**

**Seaview Radio 95.9 FM**

**Sprouts!**

**Talk Communications**

**The Lane Spa**

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

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

[Link to ad](#)

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

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

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

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

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

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

[Link to ad](#)

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

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

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

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

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

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

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

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



# 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

Karen Levine Cantor, John Carr,  
Sandra Frens, Richard Hawkins,  
Teresa VanDyk Marshall,  
Sharon Quercioli, Scott Ranck  
and Glenn R. Swift

### Contributing Photographers

Robby Antonio, Blair Photography,  
Patti Ragan and Sharon Quercioli

Volume 3, Number 9. Our Wonderful World is published monthly by Our Wonderful World Media & Entertainment, Inc. 7713 Sandhill Ct. West Palm Beach, FL 33412. Register for complimentary subscription at [www.owwmedia.com](http://www.owwmedia.com). For general and advertising inquiries, contact Glenn R. Swift at (772) 323-6925 or [glenn@owwmedia.com](mailto:glenn@owwmedia.com).

Copyright 2012, Our Wonderful World Media & Entertainment, Inc. No part of this magazine may be reproduced for commercial or promotional purposes without the expressed written permission of Our Wonderful World Media & Entertainment, Inc. Neither the publishers nor the advertisers will be held responsible for any errors found in the magazine. The publishers accept no liability for the accuracy of statements made by advertisers. Advertisements in this publication are not intended as an offer where prohibited by state laws. Opinions expressed in this publication are the opinions of the individual writers themselves and are not necessarily the opinions of Our Wonderful World's management or ownership.





Louie

Welcome to the September, 2012 issue of ***Our Wonderful World***, Florida's leading green digital magazine. Our cover story, "Florida's Great Ape Heaven," takes you to the only wildlife sanctuary in North America that cares for both chimpanzees and orangutans, Wachula's Center for Great Apes. Get ready for some truly breathtaking photography as we introduce you to a number of ex-pet and former "celebrity" apes who are now able to spend their Golden Years climbing and swinging in a natural habitat. We want to thank Founder and Director Patti Ragan and Donor Appreciation Coordinator Casey Taylor for their outstanding assistance in making this story possible.

The Green Goddess enlightens us in her "Pearls of Wisdom" with some easy-to-implement ways to keep the air inside your home and workplace clean and pure. And with the summer heat still bearing down upon us, the Goddess also gives us some great ways in Eating Well as to "what we can eat to beat the heat."

Richard Hawkins offers his insight with regard to the future effect of the drought upon food prices, and John Carr of JRC Consulting shares some tips on what you need to do after you've joined your local chamber. And for all you hobbists out there, Sandra Frens of Sprouts! will educate you about earth-friendly arts and crafts products.

Of course, we've got a whole lot more in store for you, too! So, get clickin' and enjoy the latest 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





# Think You Love Natural Gas Appliances *Now?*

## WAIT 'TIL YOU SEE THE REBATES...

Follow your heart to the nearest appliance store and ask for 'natural gas' by name. Natural gas provides:

- Everyday value, monthly energy savings and up to **\$1,750 cash back**
- Superior comfort that stays on—even when the power goes out\*
- Endless hot water, gourmet-quality cooking precision, faster clothes drying and more!

\* In the event of a power outage, natural gas tank-style water heaters operate automatically while natural gas tankless models require a simple battery.



Get More Toward Appliances You'll Adore.

Save energy every month—and get up to **\$1,750 cash back**—when you include the 'big four' natural gas appliances.

	SWITCH <i>to Natural Gas</i>	REPLACE <i>Old Gas Appliances</i>	BUILD <i>with Natural Gas</i>
Tank Water Heater	\$ 500	\$ 350	\$ 350
High-Efficiency Tank Water Heater	\$ 550	\$ 400	\$ 400
Tankless Water Heater	\$ 675	\$ 550	\$ 550
Furnace	\$ 725	\$ 500	\$ 500
Range	\$ 200	\$ 100	\$ 150
Clothes Dryer	\$ 150	\$ 100	\$ 100
Service Reactivation**	\$ 350		

\*\* Service Reactivation rebate is available in Palm Beach, Broward, Volusia, Seminole, and Marion Counties only; also requires 24 months of inactivity and the purchase of a new natural gas water heater.







Pongo

# Florida's "Great Ape Heaven"

## *Wauchula's Center for Great Apes Sets the Bar for Chimpanzee and Orangutan Sanctuaries*

by Glenn R. Swift

Thanks to the vision and dedication of Patti Ragan, a true pioneer in primate rescue, 29 chimpanzees and 15 orangutans now live in a beautiful wooded refuge in Florida, spending their Golden Years climbing and swinging in 40ft. tall domed habitats.

Known as the Center for Great Apes, the sanctuary is located in Wauchula, just a few miles from the beautiful Peace River, on 120 acres of tranquil tropical forest. Manned by a team of dedicated professionals and supported exclusively by the generosity of private donations, the sanctuary is the only one of its kind in North America to care for both species of great apes.

Recently, Sharon and I, along with two very special friends of ours, were given the opportunity to visit the Center and behold these beautiful creatures. To see their expressions up close and literally feel their emotions was undoubtedly a once-in-a-lifetime experience. We saw young males confidently display their strength and athleticism and mature females affectionately caring for their young. Clearly, all of the apes

were being lovingly cared for in a remarkably clean and natural setting. And despite years of neglect (in some cases downright cruelty), all of the apes appeared happy in their new home—just as Nature intended.

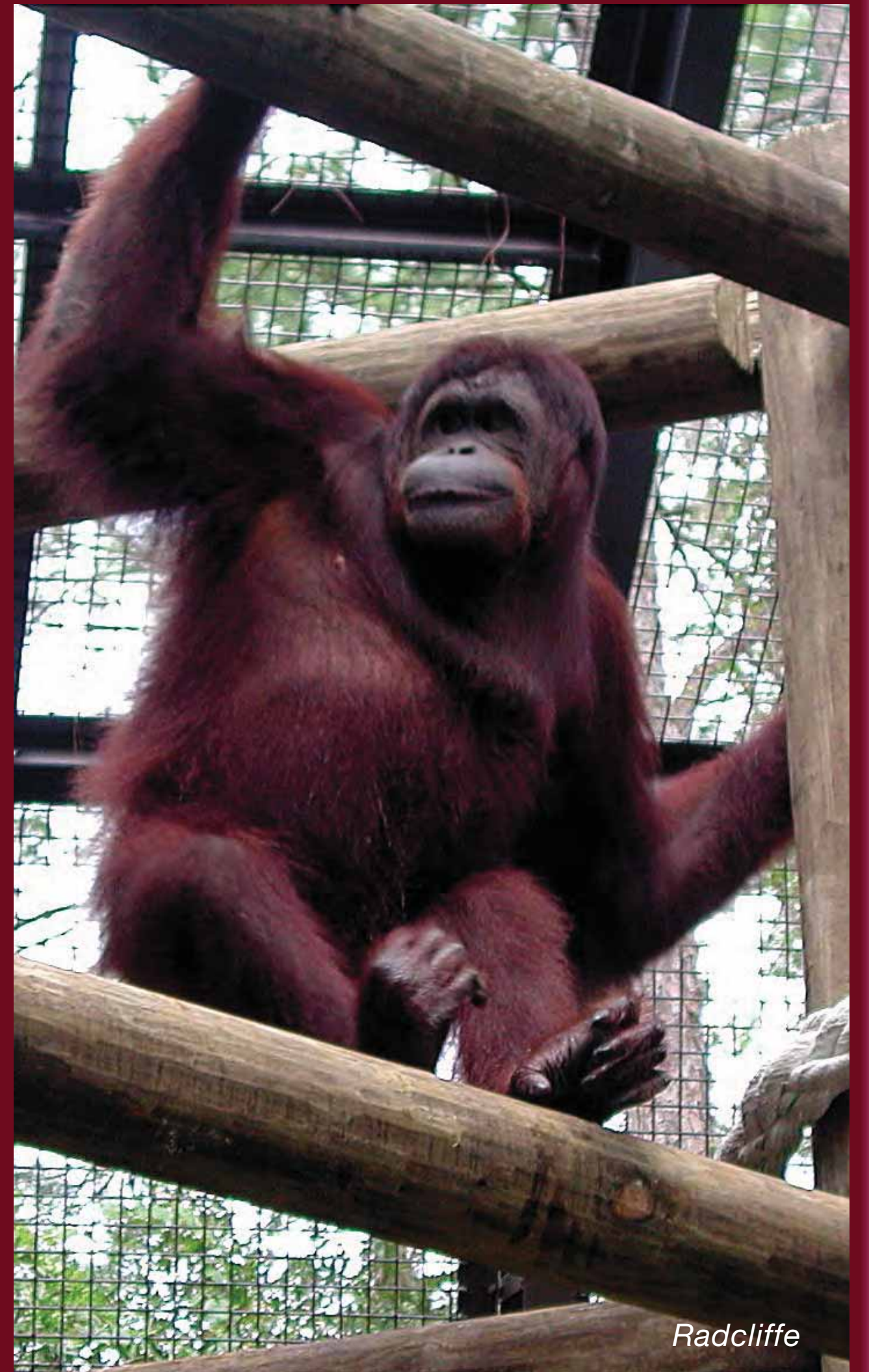
This is nothing short of remarkable considering that diverse backgrounds of the apes. Some spent their earlier years in harsh laboratory settings subjected to repeated medical experimentation, while other "celebrity apes" worked in circuses, TV advertisements and movies. Still others were taken away from their mothers as tiny infants and sold as private pets, but eventually the cute and cuddly creatures became far too big and strong to handle. (By age six a chim-

human being.) panzee has five to seven times the strength of a Since great apes in a captive environment often live into their fifties and longer, many end up in dangerous situations or get dumped in unsuitable places for many, many years. Fortunately, the Center for Great Apes provides these primates with a permanent home while rehabilitating them to live again with their own species with good nutrition and in an enriching environment.





Kiki



Radcliffe

COVER STORY





BamBam



## Mission

“Our mission is to provide a permanent sanctuary for orangutans and chimpanzees who have been rescued or retired from the entertainment industry, from research, or who are no longer wanted as pets. The Center provides care with dignity in a safe, healthy and enriching environment for great apes in need of lifetime care,” said Founder and Director, Patti Ragan.

## Patti Ragan

The motivation behind the Center’s creation goes back nearly three decades to the rainforests of Borneo, where Ragan spent several months volunteering at a rehabilitation project for wild orangutans. While there, her duties included tracking wild orangutans to observe behaviors for a long-term study and providing foster care for a group of infant orangutans. The orphans were being rehabilitated for return to their forest homes in Borneo. During this intense time of living with orangutans and





*Kenya & Noelle*



Five years later, because of her previous experience with orangutans in Borneo, she was asked to help care for a four-week old infant orangutan at a small bird park in Miami. Thinking that the infant was going to eventually live with other orangutans at an accredited zoo, Ragan became disheartened when the owner said that he was sending the young ape to a trainer for circus work. Due to several circumstances, including a serious illness that affected the infant, the young orangutan was not sold to the circus, and the owner later agreed to allow Ragan the opportunity to find an appropriate captive home for the infant.

She soon learned that most accredited zoos did not want a mixed Bornean/Sumatran orangutan, especially one that was hand-raised. Realizing that there were little or no opportunities for placement in an accredited zoo (and that there would never be a chance for him to live in the wild), Ragan set out to find a sanctuary for the orangutan infant. However, in 1990, there were only two primate sanctuaries in the United States, but none that had orangutans, let alone any meaningful experience to care for them.





Koda



COVER STORY





Pongo



Toddy

*The sanctuary is not open to the public, but opens its doors once a year in the spring to its member donors.*







Mowgli



The Center for Great Apes lies amidst a tranquil wooded refuge featuring a mile of treetop tunnels and chutes.

COVER STORY





*Noelle is not only beautiful, but intelligent; she has mastered many words in sign language.*

Wishing that someone would start a sanctuary in the U.S. for orangutans that could not be cared for at major zoos, or be returned to the wild, Patti decided to establish a non-profit organization for that purpose.

While still volunteering to care for the now one-year-old infant orangutan at the Miami bird park, Ragan was then asked to also give foster care to an infant chimpanzee for a few months. But at that point she was told the little chimp would be sold for work at Universal Studios in Orlando when he turned 18 months old. Suddenly, the idea of an orangutan sanctuary became an orangutan and chimpanzee sanctuary.

Ragan was determined not to let the infant chimp be sold into entertainment.

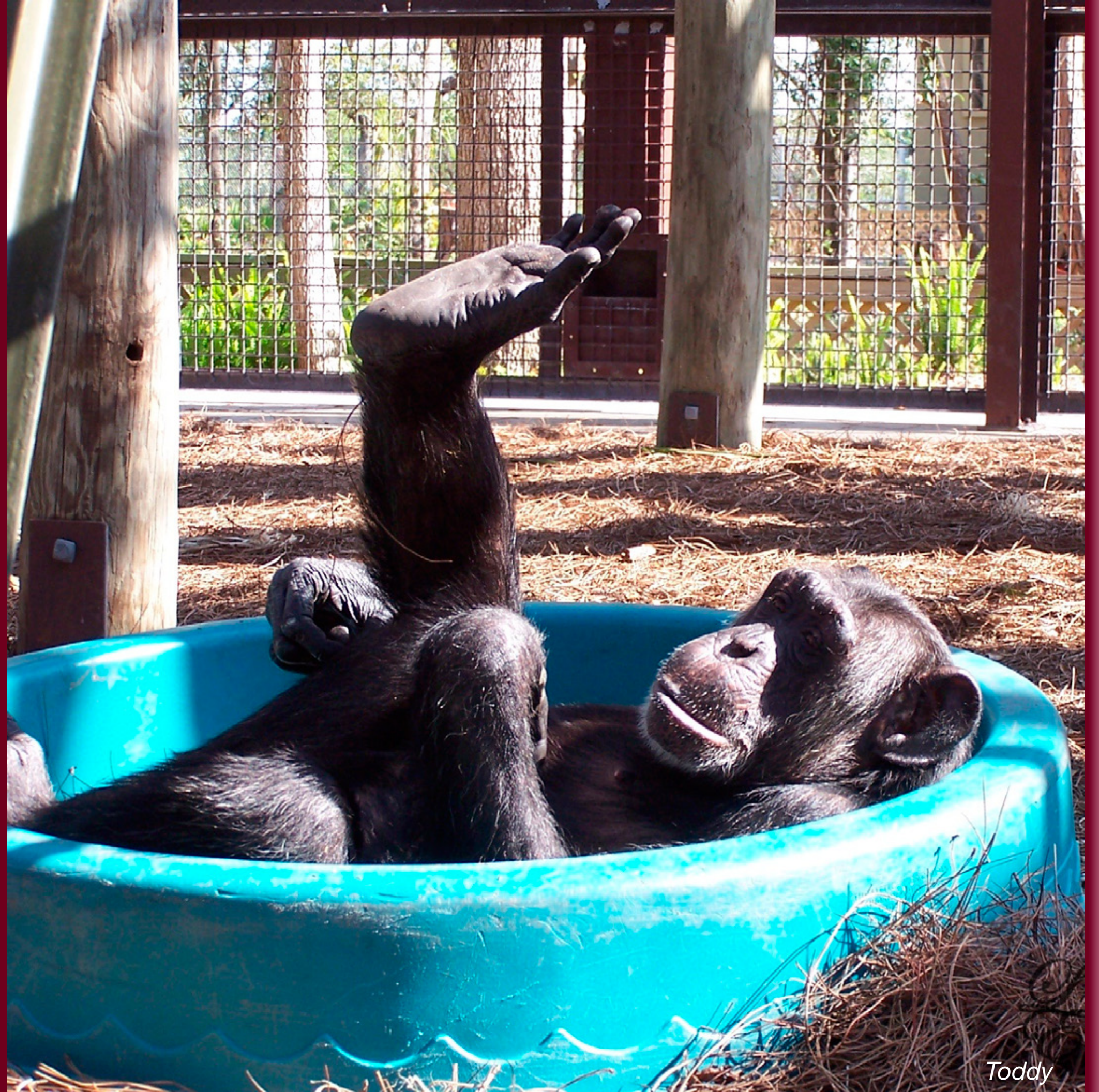
After formally establishing the Center for Great Apes as a nonprofit organization in 1993, it took four more years to find the perfect location for a sanctuary site, meaning one that was both affordable and could meet the needs of the apes. Ragan found that place in Wauchula, a small rural community in southern Central Florida. Starting with 15 acres of a beautiful and tropical wooded habitat surrounded by orange groves, the sanctuary has now grown to 120 acres and provides a home for more than 40 great apes.

Those first two infants Patti cared for became the first great apes residents living at the sanctuary. Pongo, the infant orangutan, is now a magnificent adult male 18 years old and 240 pounds. And, Grub, the infant chimpanzee, later became the dominant and powerful leader of his group of chimpanzees at the Center.





Pebbles



Toddy

COVER STORY





Kenya & Noelle

## Chimpanzees, Orangutans and Humans—We're A Lot Alike!

**Chimpanzees** are members of the Hominidae family, along with gorillas, humans and orangutans. The two chimpanzee species (Common Chimpanzee and Bonobo) are the closest living evolutionary relatives to human beings, sharing a common ancestor with humans before splitting off from the human branch of the family about 4 to 6 million years ago. Research by Mary-Claire King in 1973 found 99% identical DNA between human beings and chimpanzees, although research since has modified that finding to about 94% commonality. Interestingly, it has been proposed by acclaimed biologist Jared Diamond that human beings are actually a third species of chimpanzee.

**Orangutans** are also among the most intelligent primates. In fact, Zoo Atlanta has a touch-screen computer where their two Sumatran orangutans actually play games. Scientists hope that the data they collect from this study will help researchers learn about socializing patterns, such as whether orangutans mimic others or learn behavior from trial and error.

*Amazingly, a 2008 study of two orangutans at the Leipzig Zoo showed that orangutans are the first non-human species documented to use "calculated reciprocity," which involves weighing the costs and benefits of gift exchanges and keeping track of these over time. Orangutans are also very technically adept nest builders, making a new nest each evening in only five to six minutes and choosing branches which they know can support their body weight.*

*Extensive research was conducted in the 1970s by zoologist Gary Shapiro at the Fresno City Zoo in which two home-reared, juvenile female orangutans learned over 30 signs during a two-year period.*





COVER STORY





*Louie*



## Accreditation

In recognition of Ragan and her staff's extraordinary commitment to providing the best care possible, the Global Federation of Animal Sanctuaries (GFAS), the only globally recognized organization providing standards for identifying legitimate animal sanctuaries, recently granted full accreditation to the Center.

"The Center for Great Apes is a shining example of all that a sanctuary should be," says Patricia Finch, GFAS Executive Director. "It is hard to encapsulate in a few words all that is so right with this sanctuary. Patti Ragan, as well as their chief veterinarian, each has over 20 years' experience in working with great apes, which means that the orangutans and chimpanzees

are receiving a level of informed care that is simply unsurpassed. And the facility itself is inspiring with a mile of elevated chutes that allow the great apes to meander throughout the sanctuary and observe other groups of apes or even walk themselves to the infirmary for health checks," Finch added.

The accreditation means that the Center for Great Apes meets the comprehensive and rigorous definition of a true sanctuary and is providing humane and responsible care for the primates, meeting rigorous and peer-reviewed standards for operations, administration and veterinary care established by GFAS. The accreditation status also provides a clear and trusted means for public, donors and government agencies to recognize the Center for Great Apes as an exceptional sanctuary.





Kenya

## Your Donation Helps

The ongoing costs of caring for these magnificent beings are staggering—over \$20,000 per ape. Sadly, very few former owners provide financial support to the Center to take care of their apes. The Center receives no government assistance of any kind, with support coming exclusively from animal welfare grants and individual supporters who care about great apes, improving their lives and providing care for them.

There is an ongoing need for lifetime care for primates in desperate situations. The Center is, therefore, in a continuous mode of fundraising and construction of additional indoor and outdoor housing. Currently, the Center houses 44 chimpanzees and orangutans that range in ages from 5 to 50 years. So, please consider doing whatever you can. These chimpanzees and orangutans deserve our continued support as dispensation for all the suffering they have endured at human hands.

## Benefits of Membership and Support

As a member of the Center for Great Apes, you'll be enhancing the quality of life for its current residents as well as supporting the continued work to provide for those apes still in need of refuge. All members will receive a subscription to the Center's newsletter and invitations to member events. Additionally, members joining at higher levels may schedule special visits to the sanctuary.





Noelle



Kenya & Noelle

*Established in 1993, the Center for Great Apes is a 125-acre sanctuary in which more than 40 orangutans and chimpanzees have room to live in safety and in the company of their own species.*





*Mari uses her feet and mouth to play due to the loss of her arms.*





*Pongo*



*Allie*

## Benefits of Adoption

While you cannot actually take an ape home, you can help give your favorite apes the protection, support and love that guardians provide.

If you would like to help financially with the care of a particular chimpanzee or orangutan that is special to you, the Center has personalized "adoption opportunities" ranging from \$150-\$10,000.

The Center for Great Apes is a 501(c)(3) nonprofit organization and all contributions are tax deductible as allowed by law. To become a member, adopt an ape or make a donation, please visit [www.centerforgreatapes.org](http://www.centerforgreatapes.org) or call (863) 767-8903.





Chuckie

## Wish List

The Center is constantly need in need of everyday items ranging from blankets and paper towels to brooms and mops. For a list of the Center's desperately needed items, click here: [www.amazon.com/gp/registry/wishlist/2J6ISYP9UINIX](http://www.amazon.com/gp/registry/wishlist/2J6ISYP9UINIX).





## Future

"We've really outgrown our kitchen, and our immediate goal is to raise money to expand it. We work very hard to provide our apes with high quality, nutritious meals, and the kitchen was built to provide for 14 apes; we now have more than three times that number.... Eventually, we would like to add a two-acre open space to provide even more natural habitat for our apes to roam freely."

Will these incredible creatures, our closest relatives on our beautiful planet, continue to receive the dignified treatment they deserve? Only if enough generous, compassionate people step forward. Maybe you would like to be one of them?



CENTER FOR GREAT  
**APES**

COVER STORY





# Poínciana Country Club Hosts Palm Beach Lifestyle Expo

by Glenn R. Swift

The Palm Beach Lifestyle Expo was held on Thursday, August 24 from 2pm to 6pm at the Poinciana Country Club in Lake Worth. With over 60 vendors and hundreds of patrons in attendance, the Expo featured businesses of all kinds, from chiropractors and jewelers to entertainment venues and specialty health care providers. In addition to a host of assorted prizes, the event featured live entertainment and food, both courtesy of Zuccarelli's Italian Restaurant ([www.zuccarellis.com](http://www.zuccarellis.com)). The highlight of the day was a fashion show courtesy of Garbage Gone Glam ([www.garbagegoneglam.com](http://www.garbagegoneglam.com)), whose models featured stylish dresses made of recycled items.

Major sponsors for the event were Our Wonderful World Media & Entertainment ([www.owwmedia.com](http://www.owwmedia.com)), Seaview Radio ([www.seaviewradio.com](http://www.seaviewradio.com)), United Healthcare ([www.uhc.com](http://www.uhc.com)), MCCI ([www.mcci.com](http://www.mcci.com)), Kravis Center for the Performing Arts ([www.kravis.org](http://www.kravis.org)) and Braman Honda ([www.bramanhonda.com](http://www.bramanhonda.com)).











GREEN GOINGS





# Our Wonderful World Media & Entertainment, Inc. The Art of Living Green

*Did you know* Our Wonderful World Media & Entertainment, Inc.  
does more than just publish Florida's leading green digital magazine?

*We produce benefit concerts and  
create high-end, fully interactive, digitalized*

- **e-Newsletters**
- **e-Magazines**
- **e-Brochures**

**For more information, please e-mail [glenn@owwmedia.com](mailto:glenn@owwmedia.com) or call (772) 323-6925.**



# PEARLS OF WISDOM FROM THE GREEN GODDESS

## Keeping the Air You Breathe Fresh and Clean Combat Polluted Air with Essential Oils

by Sharon Quercioli



*Quote of the Month:*

**"Memories, imagination, old sentiments, and associations are more readily reached through the sense of smell than through any other channel."**

**-Oliver Wendell Holmes**

Do you want to find out some of the ways to keep the air inside your home and workplace clean and pure that are easy to implement? Perhaps the least known, but most effective, is by diffusing essential oils.

Have you had the opportunity to walk around New York City? Fabulous city but the smells of car fumes are imminent. A recent study reveals that air pollution triggers more heart attacks than using cocaine. This is important information for those at high risk for heart attacks that should not be ignored. The findings, published in The Lancet in February, 2011, suggest population-wide factors like polluted air should be taken more seriously when looking at heart attack risks.

### The Healing Power of Essential Oils

Cold-air diffused oils alter the structure of molecules that create odors, rather than just masking them. They also increase oxygen availability and produce negative ions at the same time. Cold-air diffused oils also reduce fungus, mold and bacteria. When I am at the office I

diffuse lemon for alertness, mental clarity and a pick-me-up energy boost. At home I love the smell of Thieves, which kills dangerous airborne bacteria and leaves the house smelling wonderful. These oils also stimulate neurotransmitters, eliminate odors, digest petrochemicals on the receptor sites and stimulate secretion of endorphins.

Many essential oils, such as **Thieves, Purification, Citrus Fresh** and **Lemon**, are highly antibacterial and extremely effective for eliminating and destroying airborne germs and bacteria. Depending upon the properties of the oils, diffusing essential oils can also improve the secretion of IgA antibodies that fight candida. **Peppermint** can help aid normal digestion and ease tension and promote healthy respiratory function. I love using it to relieve headaches.

**Lavender** relaxing scent has balancing properties that calm the mind and body while Frankincense has calming properties that can increase spirituality and inner strength. Peace & Calming scent encourages deep relaxation and can

promote a night's sleep. Some other benefits of diffusing essential oils are hormonal balance, improving concentration and relieving muscle tension.

As you can see, every one of those benefits will improve your health and well-being. So, don't be afraid to start diffusing today! You won't be sorry.

**Important:** Do not expect the same results if you use oils that do not belong to the Young Living brand. We only recommend Young Living Therapeutic Essential Oils.

**Disclaimer:** *These statements have not been evaluated by the FDA. Products and techniques mentioned are not intended to diagnose, treat, cure or prevent any disease. Information provided here is in no way intended to replace proper medical help. Consult with the health authorities of your choice.*

**Young Living – Florida**

**Sharon Quercioli**

Independent Distributor:

516264

Phone: (561) 309-7276

E-mail: [sharon@owwmedia.com](mailto:sharon@owwmedia.com)

HEALTH & WELLNESSES





# TEN STEPS TO HEALTHY FEET WITH A PEDICURE

by Karen Levine Cantor



People often associate getting a pedicure with getting their “toes painted” or as part of their grooming routine. Sure, it can be nice to paint the town red with candy apple red toe nails or to add a little pink pizzazz to those feet that are peaking through that great new pair of peek-a-boo shoes. Pedicures are not just about esthetics, but there are health benefits that can be gained as well.

When it comes to a pedicure, there are several steps involved:

**Step one:** Feet are soaked in warm water, which provides relaxation and softens the skin on your feet.

**Step Two:** Old nail polish is removed and preferences of length and shape are communicated to the Nail Technician.

**Step Three:** Nails are cut with disinfected implements. Cutting, clipping and cleaning the nails prevents them from growing inward and causing infection. Joanne Ramsey, Nail Technician and Licensed Massage Therapist at the Lane Spa, explains “Some people are blessed with perfect nail beds, but the reality is most are not. It takes someone with confidence and experience to know how to trim and file the nails to prevent injuries and perhaps even correct damage already done in the past. At home, people might lack the proper tools to use to effectively do this.”

**Step Four:** Cuticles are pushed back and dead skin is removed.

**Step Five:** Calluses are removed with an implement like pumice. Jessica Proctor, Lane Spa Nail Technician, explains removing calluses from your feet is important because they cause uneven pressure while you are walking, which can lead to discomfort.

**Step Six:** An exfoliating scrub is rubbed in to remove dead skin cells on the legs and

the feet. A good exfoliation of the epidermis helps aid in the detoxification of the body, says Ramsey.

**Step Seven:** Lotion or oil is massaged into each leg and foot. Ramsey expresses, “The relaxation that comes from having your feet and legs massaged is one of the best benefits, but deeper than that, the increased circulation and blood flow from the massage.”

**Step Eight:** Feet are cleaned with alcohol-based spray. The elimination of dirt and bacteria from your feet will also help prevent nail diseases, disorders and unpleasant odor.

**Step Nine:** Polish color of choice is applied. Clients can choose from a variety of the latest colors like “Ski Teal We Drop” or add sparkle to your toes with “Glitzerland” gold.

**Step Ten:** Nail oil is applied to keep skin hydrated.

To enjoy all the benefits pedicures have to offer, visit The Lane Spa today. They offer an expansive variety of services in a relaxing environment nestled in the heart of Palm Beach Gardens. Their highly-skilled, educated professional staff takes time with each client to ensure extraordinary results. Click here to take advantage of their monthly specials. 🌍

For more information, call (561) 691-0104, e-mail [relax@thelancespa.com](mailto:relax@thelancespa.com) or visit [www.thelanespa.com](http://www.thelanespa.com).



Celebrating 18 Wonderful Years in  
Palm Beach Gardens, with 13 Unique  
Treatment Rooms and a staff of  
30 Professionals to pamper you  
6 days a week.

Come in and see why The Lane Spa is  
Palm Beach Gardens' Hidden Treasure!

**FULL SERVICE DAY SPA**

Massage  
Innovative Skin Care  
Spa Body Treatments  
Nail Care  
Hair Design  
Waxing  
and so much more!



For sensational savings  
at The Lane Spa  
[www.ourcouponbook.com/TheLaneSpa.html](http://www.ourcouponbook.com/TheLaneSpa.html)

**CLICK HERE**

Visit our website for  
Spa Packages & Services  
Purchase a Gift Certificate online today!  
[www.thelanespa.com](http://www.thelanespa.com)



# Acupuncture and Nutritional Counseling

## Debra Caramagno, Acupuncture Physician

Board Certified, Diplomate in Oriental Medicine  
Diplomate in Chinese Herbology, Licensed Nutritionist

### Acupuncture is effective for many conditions:

#### Pain Management

- Back
- Neck
- Shoulders
- Knees

#### Stress Management

- Anxiety
- Depression
- Headaches

#### Women's Issues

- Infertility
- Menopause
- PMS

#### Other Ailments

- Allergies
- Sinus
- Immune System

**Receive 20% off your first treatment  
when you mention this ad!**

### Patient Centered Healing

Offered in a holistic healing environment, 14 years in practice

Phone: 561-741-2960

1080 E. Indiantown Rd., Ste. 203, Jupiter, FL 33477

# WHAT PATH WILL THE STARS TAKE YOU?

**www.TalkPsychic.com is a global network of authentic and gifted Psychics, Mediums, Astrologers and Advisors... all of whom have been personally interviewed and tested. These extraordinary individuals have come together to help you with the questions you have about your life!**

**TALKPSYCHIC.COM**

**Please call us at  
888-813-2277**





**Our Wonderful World**  
**Media & Entertainment Inc.**  
*The Art of Living Green*



Sign up now for a complimentary subscription to Florida's leading green digital magazine, Our Wonderful World, by going to [www.owwmedia.com](http://www.owwmedia.com).



*With Profound Admiration  
for the  
Outstanding Work of*



**Our Wonderful World**  
Media & Entertainment, Inc.  
*The Art of Living Green*

*William F. Bruckner*

Vice President, Financial Advisor

[wbruckner@ml.com](mailto:wbruckner@ml.com) | 561.531.3654

249 Royal Palm Way, Palm Beach 33480



**Merrill Lynch**  
**Wealth Management®**

Bank of America Corporation





# What Do You Eat to Beat the Heat?

by Sharon Quercioli

With extreme heat settling over vast areas this summer and temperatures stuck at 100 degrees or more for days on end in some places, it's time to adjust our diets to keep cool. When the weather heats up in the summer, it's especially important to stay hydrated. Staying hydrated will give you energy in the heat and keep your skin looking radiant and beautiful. Obviously water is the best source of hydration, but there are lots of foods you can eat that will help keep you hydrated in the summer months. Here are several food and drink tips to help keep you cool:



## Coconut Water

For centuries, people in Southeast Asian and Pacific Island countries have been drinking the water from young coconuts for hydration. It's one of the best ways to replace the water and electrolytes that the body gives off in hot climates. Coconut water contains vitamins, minerals and electrolytes that perfectly replenish the body after a long day in the sun. Most grocery and health food stores sell it bottled in the beverage section.



## Cucumbers

Like most fruits and vegetables, cucumbers are made up of mostly water. But they also have a lot of other nutrients that will hydrate and nourish the body. Cucumbers contain vitamin C and are also rich in caffeic acid, which helps soothe the skin. They are great to eat plain, or on top of salads. You can even add cucumber to your water for a refreshing summer drink!



## Water

Our bodies can consist of up to about 75% water (less as we age), and during this extreme heat we lose a lot of that fluid to sweat. Even mild dehydration will sap your energy and make you feel tired. Keep your body fluids replenished with plain water. Adding lemon to water adds vitamin C and citric enzymes.



## Pineapples

Pineapples are one of my favorite summer fruits. On top of the hydrating elements of pineapple, it is packed with bromelain. Bromelain has many health benefits, mainly helping with digestion. Pineapple is a great fruit to eat to help the body naturally detoxify itself and lose weight.





## Celery

Celery is a great snack to rehydrate and rejuvenate the body and the skin. That's because it's almost all water, and it takes a lot of energy to crunch and swallow! But the refreshing veggie also provides lots of mineral salts, vitamins and amino acids.



## Watermelon

Watermelon is one of the most hydrating foods that you can eat. It's made up of mostly water, but it also has essential hydrating salts, calcium, magnesium, potassium and sodium. It's perfect for those hot summer days when you need to replenish your body.



## Berries

Berries contain high levels of antioxidants, which can help the body naturally detoxify itself and are also packed with water. Berries deliver tons of fiber, which can help you stay satisfied in between meals. Mix a bowl of ripe, organic blueberries, raspberries, strawberries and blackberries for the summer months when they're in season!



## Grapefruit

The juicy grapefruit has lots of health and hydration benefits. They are known to help control appetite, which help keep you on track if you're trying to loose weight. Grapefruits make great snacks in between meals.



## Red Bell Peppers

All bell peppers are hydrating sources of some of the best nutrients for the body. They contain vitamin C, thiamine, vitamin B6, beta-carotene and folic acid. Red bell peppers are even better because they contain lycopene. Add red bell peppers to your salads or eat them plain. They make a crunchy and refreshing midday snack!



## Green Salad

Most lettuce contains more than 90% water. So not only do green salads make for a delicious appetizer, snack or lunch, but they also keep you hydrated in the summer weather. Lettuce also contains fiber, which will help keep you fuller longer. Eating salad will keep you healthy all around.



## Apples

Apples have been linked to lowering cholesterol levels, weight loss, and preventing cardiovascular disease and even cancer. The juicy fruits are a refreshing food to eat year-round. Green apples are lower in sugar than red apples. Remember the old adage "an apple a day keeps the doctor away."



## Cabbage

Cabbage is known to lower cholesterol, and it's packed with tons of vitamin C. Incorporating cabbage into your diet can help you lose weight because it's packed with fiber and natural probiotics, and it will make your skin look beautiful and more radiant. I love eating cabbage raw, in a fresh salad or on top of a green salad.

# Enjoy the rest of the summer and keep cool!





# The ART of Being Eco-Conscious

by Sandra Frens

Art is a precious cultural aspect that has been with us since the dawn of time. From the cave paintings at Lascaux in the south of France to Michelangelo's Sistine Chapel in Rome, people have been and always will be creating art. Today we ask our artists not only to transform our point of view, but to transform our world. Some artists have taken that idea to the most literal sense such as Christo and his Surrounded Islands, which featured eleven islands in Miami's Biscayne Bay surrounded by 603,850 Sharon Quercioli. meters of pink polypropylene floating fabric. Yet, the biggest contribution any artist can make to transforming the world is choosing eco-conscious elements to create their work.

Some artists and craftsmen go the environmentally friendly route by creating with found objects. By creating with "trash," these artists are not only taking the plain, mundane and boring and making it interesting or utilitarian, but they are keeping these items from taking up space in a landfill.


**Today we ask our artists not only to transform our point of view, but to transform our world.**

For those of us who enjoy a more traditional route to art, we need to be aware of the environmental impact the paints, papers, inks and other supplies we are choosing to create with have on our world. There are many paints and materials that artists tend to use that can be toxic to both themselves and the environment. Thankfully, we live in a time where manufacturing breakthroughs allow for us to have more eco-friendly options!

Instead of regular acrylic paints, try working with Delta Soy Paint. The soy paints are combined with a plant-based soy ester resin. Because they contain more solids and less water, more paint stays on the brush, which means less dripping.

One of the most beautiful mediums to work in can also be one of the most deadly: oil paint. With oil, not only comes the harsh cleaners and fumes, but some of the pigments used to make the paint can be harmful as well. Though fear not oil lovers; there are now water soluble oil paints! Weber Oil Water Mixable Artist Oil Colors have all the versatility of traditional oil paint and all the colors are AP non-toxic.

Most watercolor paints are AP non-toxic, but then there is the question of paper. The best papers to be used with watercolor are ones that are absorbent and acid free. When using paper in any project, be sure it something made from recycled materials. If you're looking for a paper with a nice texture, made from recycled materials and acid free, trying the paper made by Sprouts! ([www.sproutem.com](http://www.sproutem.com)). Sprouts! Textured Paper is great for crafts, drawing with charcoal or soft pastel and especially watercolor and inks!

Being environmentally aware is something that we should not only ask of ourselves, but something we must require of the products and merchandise we procure. This is also a standard to which our artists should be held accountable. For those who collect art versus create it, make sure to find out if the piece you are going to purchase was made with environmentally safe materials. All we need do as collectors, artists and society is to call for the demand of greener art to do its part in painting a more beautiful world. 

GOING GREEN





# Cards that Grow Flowers



Sprouts! 100% recycled handmade plantable paper is filled with flower seeds. When the paper is planted, your message is remembered for months as the recipient watches easy-to-grow Sprouts! become beautiful wildflowers!

[Click Here to see all of Sprouts! Products](#)

Greeting Cards  
Memorial Cards

Bookmarks  
Favors

Holiday Cards  
Custom Pieces

Phone: 561-840-8089

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

Email: [info@sproutem.com](mailto:info@sproutem.com)



# Ask The Energy Expert New Homes vs. Remodeling The Point of Diminishing Return

by Scott Ranck

Last week, I had the privilege of doing two energy presentations at county builder associations. In both locations, one of the main questions new home builders asked was, “Is there a point of diminishing return for energy improvements.” The question is referring to something like this; If R-30 insulation is good in your attic, would R-100 be better? Is there a point when improving the R Value of insulation just doesn’t make good financial sense anymore?


The answer to the question is yes; there will be a cutoff point when to spend more money on the product will never bring a return on the investment. The answer really can become quite complicated to determine where that cutoff point is. One measuring stick is to calculate the energy that will be saved against the cost of the upgrade and determine how long it takes to gain a return on the investment. Many commercial places want a three-year return on investment, while many homeowners will make that decision based upon how long they plan to live in their home. The decision is personal based on many factors, but a return on investment in the five- to seven-year range would be the outside perimeter; one to four years would be

preferable. For most new construction, the determining factor for the builder is will the new home buyer pay more for the energy efficient upgrades I’ve included. These are all very complicated issues.

It is crucially important to understand that most often the cost of building a new home with energy-efficient features will be less than hiring a remodeling crew to incorporate the same energy-saving features. The reason is labor costs. Installing a good window with new construction costs no more for labor than putting in a cheap window. Installing a 15 SEER AC with a properly designed and sealed duct system costs no more for the labor than installing a lower SEER and improperly designed, leaky duct system. Most remodeling projects are more labor intensive unless they are do-it-yourself projects, meaning extra labor charges. Extra labor charges mean there will be a longer payback period, often moving the return on your investment out further than you want to go.

The Florida Solar Energy Center has done some scientific studies on one of the major questions. In Central and South Florida, R-30 ceiling insulation is the cutoff point. Any more

insulation than R-30 means the payback flat lines; you will not have a return on your cost through energy savings for years and years.

Especially with regard to remodeling you should do your homework! You don’t need Rolls Royce Windows in a Kia home. Begin viewing your home as one complex system. Poor wall insulation with great windows still equals a poor envelope. A great 18 SEER AC system with a leaky envelope, single pane windows, leaky ductwork and minimum attic insulation still equals a terribly inefficient home. If you don’t have the information, seek out someone who can look at your entire home and give a priority list of energy efficient upgrades. 

*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).*



GOING GREEN



A smiling man with short brown hair, wearing a light blue button-down shirt, is holding a wooden tray filled with several potted herbs. The herbs include basil, chives, and dill. The background is a lush green garden with various plants and flowers.

# Building an Herb Garden Fit for the Tropics

by Teresa Vandyk Marshall

Herb garden enthusiasts here in Florida have a lot to contend with when we grow our gardens. Not only do we occasionally see freezes and frosts, we have the harsh sun—and in South Florida—the tropical humid climate with which to work.

Nevertheless, while many herbs wilt in the heat along with their gardeners, there are many herbs that thrive here. We went to the Horticultural departments at several Universities, including three here in Florida to bring you a Florida gardener's wish list several herbs that will grow very well in your Florida garden, as well as sharing a little bit about each one.

Before we begin, it's worth mentioning that not all soils are created equal. Typically, here in Florida, we need to add a bit of garden lime (usually sold by Home Depot, Lowe's or similar garden supply stores) to our soil to adjust the pH to around 6—the level where most herbs prefer it to be. Do check your soil before planting your herb garden and make sure it is as hospitable as it can be to your new plantings.





## Lemongrass

Lemongrass has so many uses. Its oil is used in soap, cleaning products, incense, insect repellent and potpourri. It is rich in Vitamin A and reportedly full of medical benefits. Many local nurseries and grocery stores carry starter plants. Alternatively, fresh stalks of lemongrass can be picked up from Asian grocers and placed in a glass of water. Give them about two weeks (occasionally changing the water, unless that pungent aroma of stagnant water is somehow pleasant to you) and they will root and grow.



## Florida Water Mint

Do you have a pond in your garden? Grow Florida Water Mint in it or around its edges. This plant helps to keep your pond water clean by oxygenating the water, thus trolling the growth of algae.



## Curry Leaf (from the Curry Tree)

Curry leaves are a staple in Indian cuisine, specifically in curry sauces. The curry tree is a small tree, growing about four to six feet tall and is highly aromatic, blooming small white flowers.

Note that the seeds that grow in the small black berries on the curry tree are poisonous. So, if you are tempted to eat them, forget about it. The leaves, however, are far from poisonous. In fact, pharmacologists say they are great sources of antioxidants, strengthening our immune system.



## Chives

This delicious herb is a common addition to baked potatoes, cream soups and egg dishes. According to Jeanine Davis, a Horticultural Specialist at North Carolina State University, chives grow best in partial shade, where they do get some exposure to full sun in rich, moist soil with a pH of 6 to 8. Chives germinate easily, but slowly, and are bothered by very few diseases or insect pests. Harvest the chive leaves by simply cutting them at two inches above the ground.

Here's an interesting side point: the NCSU article added there is evidence that chives can improve digestion and reduce high blood pressure. In addition, the oil in chives has antibacterial properties.



## Miracle Fruit

This "Tiny Fruit that Tricks the Tongue" as it was called in a 2008 NY Times article tricks our taste buds into believing that something spicy or sour is really sweet. Eat a miracle fruit, then a lemon, and the lemon tastes strangely sweet. Apparently, that's really the only charm of it to most, although some may like eating it on its own. This 10-15 foot shrub needs rich soil with a mid range pH of approximately 5-6. (It may grow in sandy soil, but won't have that lush healthy look to it.) This tree does best when it gets no more than 5-6 hours of full sun a day, so planted under an arbor or in partial shade it would be most likely to flourish.

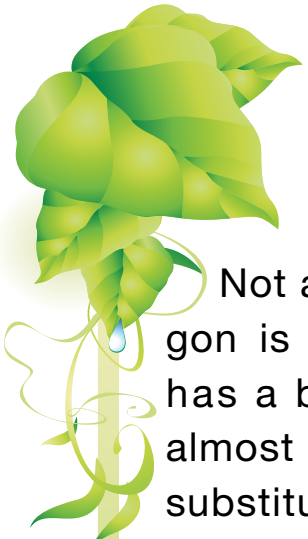


## Ginger

Common Ginger or Zingiber Officinale is the source of ginger root, which is a delicious ingredient in many cuisines, from gingerbread cookies to a spicy Asian inspired stir fry or pickled as a complement to sushi. Gineen Krafft, Master Gardener Volunteer at the University of Florida, says she didn't get her edible ginger plants from a nursery—she got them by growing a piece of the root she bought at the grocery store! She says she broke off a piece, planted it in a pot about an inch beneath the soil, and it grew. The plant sprouted and was transplanted to its new garden bed location. Harvest ginger by digging its roots when the plant goes dormant in the winter.

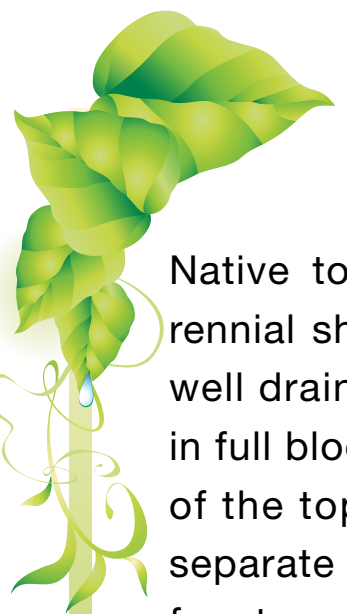






## Mexican Tarragon

Not all tarragons are equal. Common tarragon is a mild French version. This tarragon has a bit more of a spicier flavor, having almost an accent of cinnamon to it. It can be substituted in recipes for French tarragon and offers an added bit of zest. Flowering bright beautiful yellow flowers in the fall, this small shrub prefers full sun to partial shade and moist tropical conditions.



## Thyme

Native to the Mediterranean, this perennial shrub does best in full sun and well draining soil. When the plant is in full bloom, harvest up to one-third of the top portion of the plant, and separate the leaves from their twigs for storage or cooking.



## Vietnamese Coriander

This cilantro alternative is an exotic tasting herb with sultry, smoky qualities. It is used in Asian stir fry and cold salads. It can add a smoky note to your favorite salsa recipe. It is a tender perennial and prefers partial sun. In fact, its tendency to grow out and down makes it a great hanging basket plant.



We hope that when the time comes to plant your next herb garden here in Florida that our wish list will provide you with inspiration for your new garden tenants. And who knows, maybe even in your kitchen!



## Mint

Mint is one of those versatile herbs that we can find useful just about anywhere. It makes a wonderful tea, spruces up salads and adds invigorating and cooling properties to skin care. Mint grows very well in Florida and loves our humid climate. They do prefer to be placed in a cool spot or partially shaded spot of the garden. Be sure to put it into pots or it could likely overrun your landscape. There are different kinds of mint available, including peppermint, spearmint, and a recent new addition to the mint family – Apple Mint (*mentha suaveolens*). Mint plants are reported to be great companion plants, warding off several types of pests.



## Caribbean (a.k.a. Cuban) Oregano

Counter intuitively, this perennial plant is not related to the oregano you might use in your Italian dishes. It actually is a member of the mint family and can be substituted in many recipes for sage. Finely chopped, it is used to season beef and lamb. This herb plays a starring role in preparing Cuban Black Beans. Combine the oregano with onions, garlic, tomatoes, apples and almonds to season chopped beef. Plant it in partial sun to shade and water regularly—but sparingly. During rainy Florida summers, it should not be necessary to water it at all.



We hope that when the time comes to plant your next herb garden here in Florida that our wish list will provide you with inspiration for your new garden tenants. And who knows, maybe even in your kitchen! 🌍



# Protection You Can Count On

Nozzle Nolen Pest Solutions was green back when it was just a color. Nozzle Nolen serves the Palm Beaches and Treasure Coast. It is the only company in South Florida to offer Green Shield services approved by the IPM Institute of North America. Nozzle Nolen also has Green Pro certification from the National Pest Management Association.



[www.nozzlenolen.com](http://www.nozzlenolen.com)  
1.800.22.Nolen







# Will the Weather Dry Up Your Food Budget?

by Richard Hawkins



Saying we are having an unusual weather year would be an understatement. We have seen more than 40,000 new record-high temperatures set in 2012. July saw 3,135 new daily high temperature records in the U.S.—over 100 per day. That overwhelmed new cold records by a factor of nearly 17 to 1.

It's not just the heat, it has also stopped raining. Two-thirds of the country is now in drought. Officially, 1,369 counties in 31 states are disaster zones as of early August.

Much as our current heat and drought has been made worse by human activity. Many scientists say that the Earth has warmed only a bit more than 1°F since the catastrophic Dust Bowl of the 1930s; however, many confirm that we are on track to warm another 9 – 11 degrees Fahrenheit if our current greenhouse gas emissions rate does not change. What will that mean to our future weather patterns? Looks like we better start worrying!

Summer weather is having a devastating effect upon corn, wheat and soybean production. Many analysts expect that the drought will yield the smallest corn crop in six years, which has fed record-high prices and tight supplies. It would be the third year of declining corn production despite large plantings.

Corn in particular will play a part in rising food prices for years to come. Corn and food ingredients created from corn show up in nearly all processed food. Corn is the primary food for industrial produced beef, pork, chicken, eggs and dairy. As inventories shrink, prices rise and so does the cost of all foods dependant upon corn.

Even more worrisome, vast quantities of this food commodity are funneled away to make

ethanol, further reducing the availability and spiking the cost to farmers and food producers. Pastures throughout the nation are drying up, and cattle herds are being reduced in record numbers as it becomes increasingly expensive to feed them. We are even seeing record fish kills in fresh water lakes and rivers as water temperatures rise beyond what the fish can tolerate.

We will all see the effects of weather upon our food costs. It may be an inconvenient to us, but it will be devastating to those out of work or with low incomes. Many Third World nations dependant upon food exports from the United States are vulnerable to changing food supplies. As a nation, we spend an average of 6% of our income on food. India spends an average of 35% and Kenya an average of 45%. What will happen to these populations as supplies shrink and prices rise?

Food and water security may well be the most important issue facing us in the near future. Much needs to be done quickly if we are to start solving this issue. We are on a big ship, and it will not be easy to change our course. It will take a lot of passengers to convince the captain and crew that we need to change direction. 🌍

*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



# Save More *Than Just Money*



*50% Off  
Spa Session*

*100% good Karma*



*50% Beginner  
Paddleboard  
Lessons*

*100% Expert  
Philanthropist*



*Half Off  
Grilled Salmon*

*Full Heart From  
Helping A Local Cause*

**GreaterGood  
Alliance**

Every time you buy a Daily Connection from the Greater Good Alliance, a part of what you pay goes directly to local charities. So the more you save, the more you save the world.



Get \$5 credit towards your first purchase. Click this ad to visit the Greater Good Alliance.



**Great Deals  
Greater Causes**



# I Joined the Chamber of Commerce . . . Now What?

by John Carr

The first time I joined a local Chamber of Commerce over 20 years ago, I remember thinking that this was the greatest thing ever. I could go hang out with other business people, eat, drink and have a great time. This was working out great for me until I realized that when I was budgeting for next year's marketing plan, I could not show any return on my investment from the Chamber. Now let's fast forward to 2012, 85% of my business today comes either directly or indirectly from the chamber. I typically receive at least two referrals per week from my referral partners and/or clients that I have met through the Chamber.

How did it turn it around? Simple... It was no longer a social event—it was about business and how I can help others. The first thing I did was make an appointment to sit down with the membership director and discussed all of the Chamber's various committees and councils. I determined which committee I could best serve on with my experience and knowledge and how it would benefit the Chamber and me.

My next step was to stay involved in the committee 100% and to never overpromise and underdeliver, but the exact opposite, underpromise and overdeliver. Once I found the committee I wanted to be involved in, I viewed all of the events the Chamber held and made a point to go to as many as I could possibly afford. In other words, I shaped my schedule around the Chamber's events that I felt would be a good fit

for me to find people I could help or be visible to potential clients, prospects or referral partners. That takes me to the next step I had to take.

I needed to help others. It is easier to help people who call on the same clients as me, so I focused on setting appointments with people who I thought I could help the most. I was meeting with at least two potential referral partners every week and was passing on many referrals. It took some time, but before I knew it I was receiving almost as many referrals as I was handing out. I suggest making a list of which individuals you can help the most with referrals and target them at the events. Next month, we will continue with how to get the most out of your Chamber membership.

These few tips are part of a full Effective Use of Your Chamber Membership Program. If you would like more information about jrc Consulting Group, please contact me at [john@jrcconsultinggroup.com](mailto:john@jrcconsultinggroup.com). 🌐

*John Carr is the President of jrc Consulting Group ([www.jrcconsultinggroup.com](http://www.jrcconsultinggroup.com)), a sales training company that trains salespeople and helps companies in hiring new staff.*

**jrc**  
CONSULTING GROUP

BUSINESS





# **“Driving You to Success”**

## **Professional Sales and Marketing Training**

- *Sales Coaching*
- *Effective Closing Techniques*
- *Mastermind Groups*
- *Building Referral Teams*
- *Corporate Sales Training*
- *Networking Event Training*
- *Hiring Consulting*
- *Effective Networking Program*
- *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.



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





MERCHANT SERVICES  
Platinum Services Group

# EXPERIENCE STABILITY STRENGTH

With a relentless commitment to continue to lead the industry as one of the top payment processors, EVO® Platinum Services Group is your partner for success.

- Credit & Debit Card Processing
- Gift & Loyalty Card Programs
- Check Guarantee & Verifications
- Cash Advance Services

START PROCESSING  
WITH US  
**TODAY!**

Call 561-693-8667 to get started.  
[www.goepsg.com](http://www.goepsg.com)



# Looking For...



Qualified Salespeople  
for



**Our Wonderful World**  
Media & Entertainment, Inc.  
The Art of Living *Green*

Please contact Glenn Swift for more information.  
Email: [glenn@owwmedia.com](mailto:glenn@owwmedia.com) or Call 772-323-6925



NOW PLAYING ON... **960 AM 95.9 FM 106.9 FM**



**960AM / 95.9FM 106.9FM**

[seaviewradio.com](http://seaviewradio.com)

**Who Doesn't Love FREE!**

Become a loyal listener on [SEAVIEWRADIO.COM](http://SEAVIEWRADIO.COM)

**Get a chance to WIN!!**

**Monday- Friday 7am-9am**



<b>Frank Sinatra</b>	<b>Tony Bennett</b>	<b>Dean Martin</b>
<b>Sammy Davis</b>	<b>Nat King Cole</b>	<b>Barry Manilow</b>
<b>Anne Murray</b>	<b>Johnny Mathis</b>	<b>The Carpenters</b>
<b>Simon &amp; Garfunkel</b>	<b>Barbra Streisand</b>	
<b>Neil Diamond</b>	<b>Perry Como</b>	

**[www.SeaViewRadio.com](http://www.SeaViewRadio.com)**



**like us on facebook!**





# Let's Get Creative with Sprouts! Plantable Seed Paper and Textured Craft Paper!

Want to have some creative fun and still be eco-friendly with your projects?  
Sprouts! has some of the coolest paper to create your crafts, paintings, stationary and more!

Sprouts! Plantable Craft Paper is made from 100% recycled materials and is infused with a variety of wildflower seeds. When planted, this earth-friendly paper will grow into beautiful wildflowers.

Sprouts! Textured Craft Paper is also 100% recycled and is great for any craft projects and especially watercolor painting!

Our papers are sold as 8.5" x 11" sheets in packs of ten; for custom sizes, please contact Sprouts! at [info@sproutem.com](mailto:info@sproutem.com) or call us at 561-840-8089.

**Click Here to purchase!**



GREEN GOODIES



# The Inn on the Lakes Sebring Florida's Tranquil Waterside Gem

by Glenn R. Swift

TRAVEL

At Inn On The Lakes, you will enjoy the luxury of casual, yet elegant, surroundings that are as pleasing to the eye as they are comfortable and relaxing. With more than 160 spacious, beautifully decorated guest rooms and suites, you can experience the best that Sebring Florida hotels have to offer. At Inn On The Lakes, you will be afforded all of the comforts of home, in addition to stunning views that overlook the lakes... and the finest hospitality around.


## Amenities

At Inn On The Lakes, you will always have something to do. During the day, treat yourself to hours of world-class spa therapy relaxation, take a dip in the pool or travel just minutes to historic downtown Sebring. While downtown, peruse quaint antique shops, study museum exhibits or shop at the many boutiques and fashion shops that you'll find there. If spending your free time on the green is more your idea of relaxation, you can take advantage of custom golf packages that feature eleven of the finest golf courses Sebring has to offer.

After a day of shopping, golfing and relaxation, you'll likely want to unwind with an excellent meal. In that case, enjoy a standout gourmet experience at Chicanes. Not only does Chicanes offer dazzling lakeside views, this first-class restaurant serves up something to whet every appetite. The menu includes traditional favorites like steak, pasta and chicken dishes, as well as innovative Continental cuisine. If seafood gets your mouth watering, Chicanes is what your taste buds crave. Chicanes' extraordinary cuisine features an emphasis on sumptuous, fresh seafood from salmon to shrimp and beyond. For the convenience of guests, the dining room is open for breakfast, lunch and dinner.

## Sebring, Florida

Sebring is a part of the gorgeous, scenic heartland of Florida. The city prides itself on its reputation for being a relaxing place to get away, highlighted by its numerous golf courses and ample access to surrounding lakes and attractions. Sebring is also less than 30 minutes drive from one of Florida's most extraordinary natural wonders: Bok Tower and Gardens. ([Click here to read about Bok Tower & Gardens in the July, 2012 issue of Our Wonderful World.](#))

So, if your travels bring you to this peaceful city, choose Inn On The Lakes for your hotel needs. Not since the days of the 1920s has Sebring been graced with such beauty and elegance that can be found at Inn On The Lakes—the standard of luxury among Sebring Florida hotels. 

**Click Here for a Virtual Tour of Inn on the Lakes.**  
**For more information about Bok Tower & Gardens, visit**  
[www.boktowergardens.org](http://www.boktowergardens.org)





# 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.



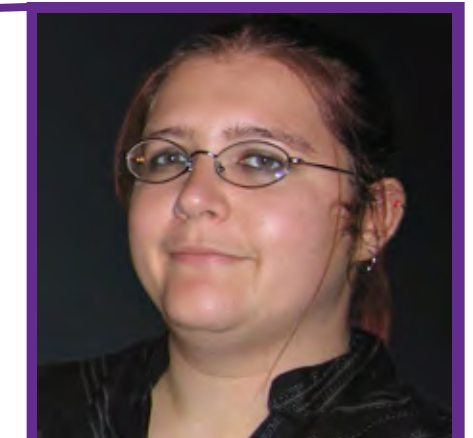
## GLENN SWIFT

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

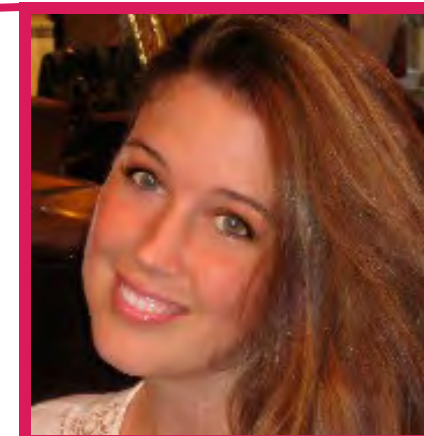
Webmaster / IT Coordinator

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

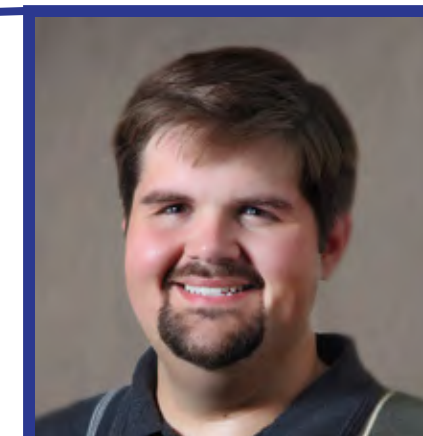
Contributing Columnist



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."









# Welcome To



## Our Wonderful World

Media & Entertainment, Inc.  
The Art of Living **Green**



# The Archive

