



Our Wonderful World

January, 2013
Volume 4 :: Number 1

The Art of Living Green



A Resolution for
Endless Success

Through the Mirror of
Water

Healthy from the
Outside In

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Our Wonderful World
Volume 4 Number 1



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2013



Happy New Year and welcome to the January, 2013 issue of ***Our Wonderful World***, Florida's leading green digital magazine! Our cover story, "Reflections of Thought Through the Mirror of Water" by Sandra Frens, examines the latest scientific research with regard to how our very thoughts and words have an effect upon this most essential of life-sustaining compounds.

Teresa VanDyk Marshall in her feature story gives us some great tips as to how to make the New Year a great one by setting the right kind of personal goals to drive improvement all year long in every aspect of our lives.

South Florida arts and crafts lovers will be sure to enjoy our piece on ArtiGras 2013, the spectacular art show held in Jupiter's posh community of Abacoa. The show features leading artists from all over the country and is expected to draw over 100,000 onlookers this President's Day weekend.

Our very own Green Goddess offers some amazing health tips in her "Healthy from the Outside In," as well as enlightening us to the wondrous blessings of the "Pleasurable Pineapple."

Scott Ranck, our energy expert from Florida Public Utilities, reveals his vast acumen by explaining the in's and out's of the most recent

Energy Star guidelines, and Teresa VanDyk Marshall provides the know-how with regard to planting that New Year's Garden.

Kudos to Jim McGrath for keeping us up to date with the Green School Movement in Palm Beach County, while Lucas Miller reveals some of Nature's most amazing secrets. Last, but not least, business guru John Carr offers his extraordinary insight as to how we can unlock some great opportunities in 2013.

Of course, we've got a whole lot more! So, start clickin' and have a great 2013.

Sincerely,



Sharon

Sharon Quercioli,
President

sharon@owwmedia.com

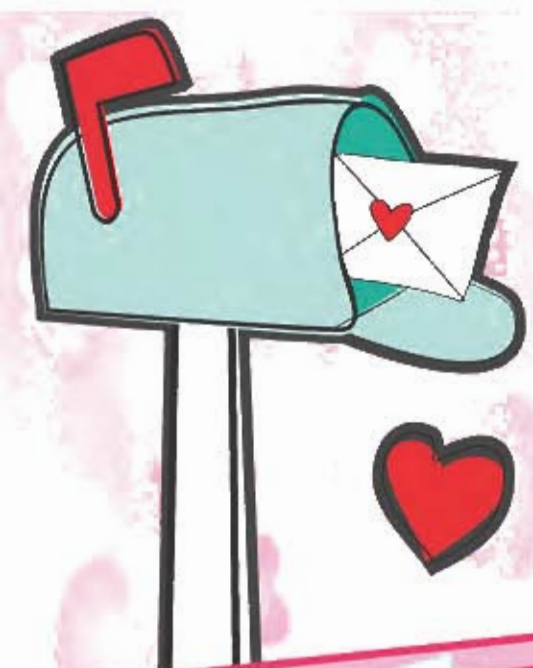


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FROM THE PUBLISHERS



Five Green Goodies that will Tickle Your Sweetheart Pink!

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Reflections of Thought Through the Mirror of Water


by **Sandra Frens**

Have you ever taken a moment and stopped to appreciate water? It is the single most important element in our world. We couldn't exist without it; water makes up about 60% of our bodies and covers around 70% of the Earth's surface. It's what sustains us and life as we know it. So again, have you ever stopped and told water "thank you," literally. On the surface, having a positive conversation with a glass of water might sound rather strange or downright silly, but there might be more to it.

What if our thoughts
and words actually have
an affect on water?

Imagine for a moment the implications of the idea that our thoughts can change water and that this idea was proven to be true. This would mean that not only do our physical actions shape the environment in which we live, but our very mindsets can actively change our physical world. It might sound like science fiction, but advances in quantum physics (a branch of physics dealing with physical phenomena at subatomic levels) are suggesting to some that our thoughts can indeed change the structure of matter.

Yet, the question still stands: do our words, thoughts, feelings and intentions actually have an affect upon water? Well, according to the findings of Dr. Masaru Emoto, they have more power than we realize.



Masaru Emoto is a doctor in alternative medicine—a certification he received from the Open International University. While at the university, he was introduced to the concept of micro-clustered water in the U.S. and Magnetic Resonance Analysis (MRA) technology, sparking his interest in the wonders of water. After conducting various experiments, Dr. Emoto discovered that the true nature of water can be seen through its frozen form. More specifically, it is in the crystalline structure of the ice in which water reveals how it is affected by the sheer force of thought.

Emoto's experiments were carried out by exposing water to particular words or pieces of music and then freezing it and photographing the results under a high powered microscope. The results from his experiments are astonishing.

Bottles of distilled water were wrapped with written notes (with the writing facing inside the bottle) that said, "Thank you," "You fool" and other words both positive and negative. This procedure was also done in various languages and utilized various types of music including heavy metal and classical. The test results showed that regardless of the language or music, if the stimuli were positive, the ice would reveal beautiful and intricate crystalline structures. Water over which a priest prayed with love and gratitude, created the same type of exquisite crystals. Conversely, water that was exposed to words of hate or negative reinforcement and then frozen had crystals that were bland and misshapen.

Emoto has studied water around the planet for over twenty years. Water has been his passion, and Emoto studies it from the perspective of an original thinker. He has gained worldwide acclaim through his groundbreaking discovery that water is deeply connected to our individual and collective consciousness.

"Water is very special to me. As a researcher, I have studied it and found that it has many magical qualities. I hope you hear my message about water and use it to make positive changes for yourself and for our world," Emoto says.

The true nature of water can be seen through its frozen form.



Sprouts! carries some unique items that are perfect for reaffirming a more positive attitude: Daily Messages of Kindness, Messages of the Day and Messages of Love. All the messages have a wonderful thought that you can carry with you throughout the day. When the day is over, you can plant the message and watch it grow into beautiful wildflowers; thus having a physical reminder of the beauty that grows within you.

If we all start with a little change within ourselves, we can make a huge difference in the world. Consider this:

A mountain is composed of tiny grains of earth. The ocean is made up of tiny drops of water. Even so, life is but an endless series of little details, actions, speeches and thoughts. And the consequences, whether good or bad, of even the least of them are far-reaching. –Sivananda

Water is the mirror that reflects the thoughts and intentions of us all. Let's make the image we see shining back at us one of beauty, love and caring. 🌍

(To learn more about Dr. Emoto's research, you can visit his website at www.masaru-emoto.net.)



So what can we conclude from Dr. Emoto's work? Well, for one thing, the old adage "sticks and stones may break my bones, but words will never hurt me" is definitely false. As we can see through his work, words not only have an effect on us emotionally, but can cause change in the very environment in which we live. His work shows that words, thoughts, feelings and intentions play not just a role in our lives as individuals, but in our world as a whole. The idea of mind over matter has been a thought process that many monks, prophets and spiritualists have prescribed to us for centuries. Now the mind over matter mantra is something that we can actually begin to study through the properties of water.

As science catches up with the knowledge that many spiritualists have been privy to for ages, we can start to see how much control we have over our own destinies. It is true that we can build our own future with just the sheer power of our own thoughts.

All of us could use more positive influences in our lives, but the change has to occur within ourselves first. One good way to bring more constructive thoughts and feelings into our daily lives is to carry a positive message or idea with us throughout the day.



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A Resolution for Endless Success

Walking the Path to Reach Our Goals

“Always bear in mind that your own resolution to succeed is more powerful than any one thing.” (Abraham Lincoln)

Well, if we can just believe it, it's a new year! 2013 has finally come!

Some folks are just glad to be alive at this point. After all, 2012 was (at best) a very hectic year.

For a lot of us, this is also a great time for a new beginning. How many of us are saying, “I’ll start exercising more...” or “I’ll improve my diet”? Then there’s the ritual of cleaning our office spaces and airing out the house. Well, why not? The weather, at least here in Florida, has been delightful for it!

Here’s a new resolution that we hope you’ll try with us—a resolution for endless success using multiple personal goals to drive improvement all year long in every aspect of our lives. A lot of us have a few, if not many, regrets or wishes. Let’s seize the chance now to make it all right! It starts with our determination. Then, it works through strategically planning future actions.

First—Define Our Own Success

The Latin root meaning of the word Success is described as “happy outcome” and “accomplishment of desired end.” So, it only follows that to achieve success we have to know what we value and what our “desired ends” are. Some examples could be:

- Do we want to draw our family closer?
- Are we contemplating popping “the big question” to a loved one?
- Is our health as best as it can be?
- Have we been content with our current occupation?
- Do we need to examine and reallocate our budget?
- Would we like to play a musical instrument? Take up a hobby? Learn that craft we always wanted to know?
- Do we need to diversify, improve or explore new stress management techniques?
- Are we content in our spiritual lives? Can we grow or further develop our spirituality?

These examples demonstrate the need for meditation and show that we have to take a hard and honest look inside. We must be able to see, listen to and understand both the person we are today and the person we want to be. In each area of our lives, what do we really want to be positively improved? Then narrow it down to

which of these focus areas are within our control to take actions toward “accomplishing the desired end”? Once we’ve thought of something we’d like to improve—don’t forget it! Document these thoughts as they come to us.

We have just defined our goal(s)—our “desirable end.” Hopefully, we have defined them for each important area of our lives. Once we have identified each area of our life we want to work on, we have identified the pathways to achieving our very own personal success.

Forget Regret... Remove Barriers to Success

We’ve all heard those voices that say, “Well, I would have done this special something, but it’s too late now” or “I should have done it when....” Those voices say all kinds of negative things and are destructive, stifling voices that cause folks to miss their ship sailing in!

Regret should be left in the past where it belongs. Start a life resolution with forgiveness for ourselves: we have made decisions in our life that we know now we would have liked to have made differently. Remember, in this sense we are just like everyone else on Earth (unless they are one-day old and even then who knows?). Today is a new day, and we have full control over every action we take today, tomorrow and for the rest of our days to come.

So get rid of negative energy. There is no room for it in the bright days that are coming up quickly!

Follow Through...

Okay. We have set our goals. We have tried to shush those pesky negative voices and are now ready to create a game plan that will take us through to achievement. With each step we create and then reach; we touch the reality of our success—our achievement more and more becomes reality.

If one of the areas of life we want to improve on is more complicated than say taking Doritos off our weekly shopping list, we should start with baby steps so that we do not set ourselves up for failure.

To illustrate:

Do we regret not finishing our High School or College education? Is it intimidating to return to school? If so, we probably shouldn’t make step one “enroll in a class.” That could be overwhelming.

Ideally, step one is an exploratory step. For example, start by exploring options, searching local locations or online schools that offer a program to meet your personal education needs. Then, we go to step two—visiting the school or talk to their online staff. Step 3 could involve exploring financing options like student grants, student loans and employer tuition reimbursement with the experts at the school’s financial office. Once financing is in order, a fourth step could be to consult with a school counselor, determine our road-map to graduation and select our initial class or classes. Before we know it, a major life goal is achieved, resulting in increasing success!

So, to recap steps for strategically planning out our follow through to success:

1. Explore sources that can help us better understand or improve our area of focus.
2. Initiate a small action item based upon our findings. It may be to do more exploring.
3. Reward ourselves for each small action completed and continue to work toward the desired end.
4. Don’t quit until we know that we have done everything in our power to make our success happen.



It’s important to be satisfied when we have truly done all in our power to achieve our dreams. If one area’s improvement is beyond our scope of control, then we need to peacefully accept this and switch our focus to something we can work on. With each area of our life improved, we inspire ourselves and perhaps even others to greater success. Who knows where that road will lead?

Whatever resolutions may come and go, we wish you all a life of success in all things! 🌍

Highlights Presidents' Day Weekend Events

by Rebecca Seelig



Photography Courtesy of David Randell

The annual ArtiGras Fine Arts Festival, which started over a quarter century ago in the parking lot of the North Palm Beach Country Club, has grown over the years to include over 300 artists featuring gallery quality work in a multitude of different mediums including glass, photography, jewelry, painting, sculpture, wood, fiber, mixed media, ceramic and drawing.

Listed as one of the top 50 festivals in the country, the 2013 ArtiGras Fine Arts Festival is expecting 100,000 patrons over the Presidents' Day weekend – February 16-18. In addition to the fine art on display, patrons of ArtiGras also enjoy activities, which include live entertainment, interactive art activities for children and adults and a youth art competition.

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

If you are looking to enhance your ArtiGras involvement, consider becoming a volunteer. It takes more than 1,200 volunteers to help produce and organize ArtiGras. Volunteers can choose a shift in the following areas: ArtKids Area & ArtWall, Parking and Transportation, Artist Relations, Site Operations, Volunteer Committee, Youth Art Competition Committee, Information Booths and Merchandising.

"Our volunteers are the backbone of ArtiGras. They ensure the needs of the guests and artists are being addressed," said Beth Kigel, President and CEO of the Northern Palm Beach County Chamber of Commerce, producers of the ArtiGras Fine Arts Festival. "We just could not put on a world-class event without our volunteers."

For art lovers who want to take their ArtiGras experience to the next level, ArtiGras Patron Society memberships are available for as low as \$100 for a single, \$150 for a double and \$300 for a family. In addition to being recognized in the ArtiGras Official Program, ArtiGras Patron Society members also enjoy VIP festival access and parking the entire weekend, VIP keepsake credentials, access to the VIP tent where they can partake in a gourmet lunches and complimentary beverages, a complimentary 2013 ArtiGras commemorative poster, invitations to special ArtiGras events including ArtiGras Kick Off Party Red, White & Zin and the exclusive "Meet the Artist" event at Lilly Pulitzer in the Gardens Mall.

The 2013 ArtiGras Fine Arts Festival will be located on Central Boulevard. Festival hours are 10am to 6 pm Saturday, February 16; 10 am to 6 pm Sunday, February 17; and 10 am to 5 pm Monday, February 18. Tickets are \$6 in advance/\$10 at the gate and can be purchased online at www.artigras.org.

The ArtiGras Fine Arts Festival is produced by The Northern Palm Beach County Chamber of Commerce – a not-for-profit organization whose more than 800 members represent all aspects of business and industry. Their continuing mission is to be the unified voice of business driving sustainable growth and prosperity. 🌍

For additional information on ArtiGras, visit www.artigras.org or contact the Northern Palm Beach County Chamber of Commerce at (561) 748-3946.



Photography Courtesy of
David Randell



PRODUCED BY:



ArtiGras

February 16, 17 & 18, 2013 | ABACOA TOWN CENTER, JUPITER
Saturday: 10 a.m. – 6 p.m. Sunday: 10 a.m. – 6 p.m. Monday: 10 a.m. – 5 p.m.

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PGA National Resort & Spa Hosts Annual Holiday Party

by Karen Cantor



The renowned PGA National Resort & Spa held its Annual Holiday Party on Tuesday, December 4 by inviting select guests to experience the hotel's three newest venues. The gala event was well received, and each destination brought a unique and exciting offering.

The first stop was The Lakeside Lawn, where guests sipped on beer, wine and champagne while sampling a delicate array of tasty hors d'oeuvres. A roving magician got the party started while holiday tunes played in the distance. Panoramic views of the fountains, lakes, lush zero entry pool and sunset made for a great ambiance.

Next, invitees traveled to The Palm Terrace, where a fresh selection of the resort's finest dinner options awaited while a saxophonist played to the guests' delight outside on the deck. Palm Terrace is well known for its spectacular breakfast buffets and with its new decor and idyllic setting serves as an ideal place for banquets and private parties.

The evening's final stop was the sweetest of all—Bar 91. Guests enjoyed sumptuous desserts alongside the warmth of the bar's new fire pits. Fondue chocolate bar, a candy store display and a “make your own” ice cream sundae bar were huge hits with guests, as were the guitarist and vocalist who played fireside.

In addition to receiving a great keepsake photo, partygoers received exclusive gifts and prizes encouraging them to come back and enjoy the all new PGA National. 🌍

For more information about PGA National Resort & Spa, please visit www.pgaresort.com.



GREEN GOINGS



GREEN GOINGS



Garbage Gone Glam Hosts Palm Beach Calendar Premiere

by Glenn R. Swift

Garbage Gone Glam, which raises awareness of environmental and health issues through fashion shows and environmental expositions, held its Palm Beach 2013 Calendar Premiere on December 7 at West Palm Beach's Napleton's Hyundai. Onlookers cheered the one-of-a-kind fashions and beautiful models while feasting on mouthwatering appetizers and fine spirits. One of the highlights of the evening was the gown made exclusively from Sprouts! plantable seed paper note cards. 🌱

The Garbage Gone Glam fashion line not only fulfills its original purpose of inspiring others to reduce, reuse and recycle, but has also come to provide an entirely new marketing niche for forward thinking and environmentally conscious corporations. For more information about Garbage Gone Glam, please visit www.garbagegoneglam.com.

Special Note: If you are interested in purchasing the 2013 Garbage Gone Glam Calendar for just \$20, please e-mail info@sproutem.com. Remember, twenty percent of all calendar sale proceeds go to Resource Depot www.resourcedepot.net.

garbage
gone
Glam™

Photos Courtesy of Robby Antonio

GREEN GOINGS



GREEN GOINGS



GREEN GOINGS

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Calendars

This calendar rings in the New Year with twelve glamorous gowns created from garbage. Inside each dress highlights various businesses that have stepped forward to making our world a greener place. Printed on environmentally friendly paper, this unique calendar also features a plantable seed paper cover printed on Sprouts! paper.

To order, contact Sprouts! at
561-840-8089 or email info@sproutem.com.





Localecopia Hosts Meet & Greet at The Breakers Resort

by Glenn R. Swift

Palm Beach County's Localecopia hosted a Meet & Greet Tuesday, December 18 at The Breakers Resort in Palm Beach. The sumptuous resort posed an idyllic setting for local chefs, growers, ranchers, food producers and other environmentally focused companies to sample each other's products and support businesses close to home. Localecopia is dedicated to providing consumers with fresher and safer products and to providing local producers with a means to get the word out about their products. The event was a huge success and over 30 companies participated. 🌍

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.



Candace Paradeau of Sprouts! and Glenn R. Swift from OWW

GREEN GOINGS



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PEARLS OF WISDOM FROM THE GREEN GODDESS

Quote of the Month:

“The body is like a piano, and happiness is like music. It is needful to have the instrument in good order.” Henry Ward Beecher



Healthy From the Outside In!

by Sharon Quercioli

With so much focus on what we put in our bodies, how often do you stop and think about what the outside of your body is subjected to? We are exposed to an array of elements that are less than great for our skin, including free-radicals, UV rays from the sun, carbon monoxide and other air pollutants just to name a few. All of those harmful agents affect us on a daily basis, but we have the tools to replenish our bodies and save our skin. Remember, the road to a healthy body should start from the outside in!

Skin is the largest and perhaps one of the most abused organs of the human body. Your skin performs a range of different functions, which include physically protecting your bones, muscles and internal organs, protecting your body from outside diseases, allowing you to feel and react to heat and cold and using blood to regulate your body heat. Yet, we often take it for granted by doing little to take care of this ever-important part of our body. By taking care of your skin, you will not only have a more youthful appearance, but your body will feel rejuvenated.

One of the best ways to help your skin is by making sure your body stays hydrated. For those of us in tropical and sub-tropical temps, this is key to keeping our skin looking healthy. The human body is made up of about 60% water on average, and that water can be lost fast during the day. With daily activity, consumption of caffeinated beverages, being exposed to heat and even travel can cause the body to dehydrate rather quickly. To keep hydrated, it's recommended that the average person consume around 11 cups of fluid per day (or more depending upon your activities and the climate). Water is not the only fluid that can be used in re-hydration, other fluids such as natural juices, water with Young Living's lemon, grapefruit or orange essential oils are my favorite, and light vegetable broths can be used as substitutes.

However, it is recommended that you not wait until you are thirsty to start replenishing your fluids. By the time you notice the symptoms of dehydration (e.g., dry mouth, dark urine, light-headedness), you're already very dehydrated. The best way to keep your body hydrated is to be drinking healthy amounts of fluid on a regular basis during the day.

Another excellent way to take care of your skin is through regular moisturizing and cleansing. By moisturizing your skin after a bath or shower, you are further assisting in the replenishment of needed hydration to the skin. Simply showering and bathing with a moisturizing body wash helps, but in most cases is not enough. Using a good moisturizer will help retain even more of the softness to your skin. As for cleansing, a good exfoliating scrub can bring a healthy glow to your skin. A good regimen to follow for exfoliation is about twice a week (or more if you have oily skin), using a nubby washcloth to lather it on. This will revitalize your skin's appearance by ridding the body of dead skin cells, which dull out the skin. You can make your own scrub that's all natural and works just as good if not better than the ones carried in the leading department stores and with no chemicals



ALMOND/OATMEAL EXFOLIATING FACE SCRUB

1/2 cup raw almonds

1/2 cup ground oatmeal

20-25 drops of Frankincense essential oil (or essential oil of your choice)

Grind almonds to a fine texture in a food processor or grinder;
add ground oatmeal and essential oil and mix well.

Wet face.

Add 1 tsp. of the scrub to your palm and moisten with water; apply to face.

Massage in a circular motion over face and neck.

Rinse well with cool water.

Use as a regular face wash or as needed to exfoliate.



Frankincense essential oil is one of the best to use when making a homemade facial scrub and in skincare in general because it can be used as an antiseptic, astringent tonic and has cytophylactic properties. It has been used throughout the ages and was praised by Dioscorides for the wonderful properties it has in treating skin disorders. Ambroise Pare, the sixteenth-century surgeon, credited the oil for controlling bleeding and accelerating the healing of wounds. The inherent astringent qualities of this oil also act as a balancing agent for the skin and reduce any dry or oily skin condition, returning it to normal.

With all these good therapeutic properties, it is a powerful ally in the fight to keep wrinkles at bay, while at the same time improving the tone and quality of the complexion, even in more mature skins.

The most pure and potent Frankincense essential oil can be purchased from Young Living. Frankincense has a woody, spicy, haunting smell, a little bit camphoric but just more pleasant. It promotes a sense of calm and spiritual oneness. It is one of my favorite oils, but then again I LOVE THEM ALL!

To purchase Frankincense essential oil or other Young Living products, contact
Sharon Quercioli - Independent Distributor: 516264
Phone: (561) 309-7276 E-mail: sharon@owwmedia.com

A whole pineapple with its green crown is shown on the left, partially submerged in water with bubbles around it. To its right, three circular slices of pineapple are stacked vertically, showing their golden-yellow, juicy interiors and dark brown, spiky rinds. The background is a clear, bright blue.

Pleasurable Pineapple

A Single Fruit Made of Many Flowers

by Sharon Quercioli

The pineapple, as we call it nowadays, is a marvel of a fruit. Even the way it grows is a wonder. As explained by Sheryl Walters of www.NaturalNews.com, “One pineapple is actually made up of dozens of individual flowerets that grow together to form the entire fruit. Each scale on a pineapple is evidence of a separate flower.”

No matter how you slice it, the golden, juicy interior of this excellent fruit is versatile in the kitchen and deliciously sweet to our palettes. Dice it up and serve it chilled, tossed with watermelon and blueberries for a colorful, antioxidant-rich fruit salad. Blend into your favorite fruit smoothie to add fiber as well as additional vitamins without sacrificing a refreshingly sweet taste.

When you are done with its interior in your kitchen, toss your unused rind from the pineapple into your garden compost to add several macronutrients back into your soil.

Ananas - “The Excellent Fruit”

With its many uses and delicious flavor, it’s no wonder that folks all over Central and South America have called pineapples “ananas” for centuries, which literally translates into “excellent fruit”—a worthy classification considering its many reported health benefits, which include:

- Pineapples help to combat high blood pressure by providing the right combination of potassium and sodium.
- Pineapples are loaded with manganese (up to 76% of our daily requirements) to help promote bone growth.



- Its naturally high dose of Vitamin C makes it a great snack choice that doubles as an internal warrior, fighting off heart disease, diabetes and some forms of cancer.
- Drinking pineapple juice when you have a cold can help suppress a cough and relieve chest congestion.

An article published online by the National Institute of Health expounded that the bromelain extract taken from the pineapple is known to discourage blood clot development, a nutrient of interest to those at risk of stroke or blood clots.

So eat up! This excellent fruit is wonderful for us – in just about every way a food can be. Plus, they grow well here in Florida, so consider saving the top off of your next fruit. Go ahead and plant it into a large pot, and watch your pineapple plant grow. Who knows? In about two years, you could be feasting on your own garden grown excellent fruit! And for that matter, one of the sweetest of all. 🌍

The National Library of Medicine put together a lovely brochure, sharing various “Heart Healthy” recipes, including this simple low-calorie dessert idea that we hope you’ll enjoy:

Cherry Pineapple Delight

2 cups boiling water

1 package (8-serving size) sugar-free cherry gelatin
½ teaspoon cinnamon

1 20-ounce can of pineapple chunks in juice, not drained

1 11-ounce can of mandarin oranges in juice, drained

16 large ice cubes

1. Pour boiling water into a large bowl. Add the gelatin and cinnamon to boiling water. Stir for at least two minutes until gelatin is completely dissolved.

2. Drain pineapple, reserving the juice. Add enough ice (or cold water) to the juice to measure 1½ cups. Add the gelatin mixture and stir until the ice is completely melted.

3. Refrigerate for about 45 minutes or until the gelatin is slightly thickened (consistency of unbeaten egg white).

4. Reserve ¼ cup each of the pineapple and orange. Add remaining pineapple and oranges to gelatin. Pour into a 1½-quart serving bowl.

5. Refrigerate four hours or until firm. Garnish with the reserved pineapple and oranges.

Ask the Energy Expert Energy Star Guidelines

by Scott Ranck

As I write this segment, I've just pulled away from working on the qualification of a new home being constructed in Florida that will meet the new ENERGY STAR guidelines. At the same time, the Florida housing market remains the national leader in foreclosure homes. As I look at the quality construction and third party verification required for the new home and compare it to the homes on the foreclosure market there is no comparison. I will say, **"You get what you pay for."**


I heard a presentation by Sam Rashkin, former national director of the ENERGY STAR for new homes program, and he asked some hard questions at I'm going to pass along for you to consider:

1. The average home has large gaping holes and penetrations that add up to the size of a large open window. How big of gaps would you like in the home you plan to purchase that allows bugs, dust, pollen, moisture to enter and cooling to escape?

Tiny_____Medium_____Large_____Huge_____

2. Standard insulation practices can reduce the effectiveness of your insulation by up to 70%. What percentage of the insulation value you paid for are you willing to give up?

None_____25%_____50%_____70%_____

The truth is a new high performance home may cost slightly more to purchase but monthly utility costs will be reduced often by \$40-\$100 per month. And all the above issues will not be a factor in the homes that achieve the new ENERGY STAR Label which will be on the electric panel box. These are some hard questions but every person looking to purchase a home should ask them! 

For energy related questions or comments, e-mail
Scott Ranck scanck@fpuc.com.

3. A recent study of 1,500 air conditioner installations revealed improper installation reduced the efficiency of the units by 38%. Plus, leaking ducts can cost you another 30%. How much of your air conditioning dollars are you willing to waste?

Minimal loss_____30% loss_____68% loss_____

4. Many older homes did not adequately handle the moisture problems to keep your home dry. Windows may leak, door frames may leak, moisture can find its way into your home through the cracks, and penetrations, etc. discussed in question 1. How much moisture damage would you like in the home you are going to purchase?

None_____Small amounts_____Whatever happens
will be okay_____.



GOING GREEN

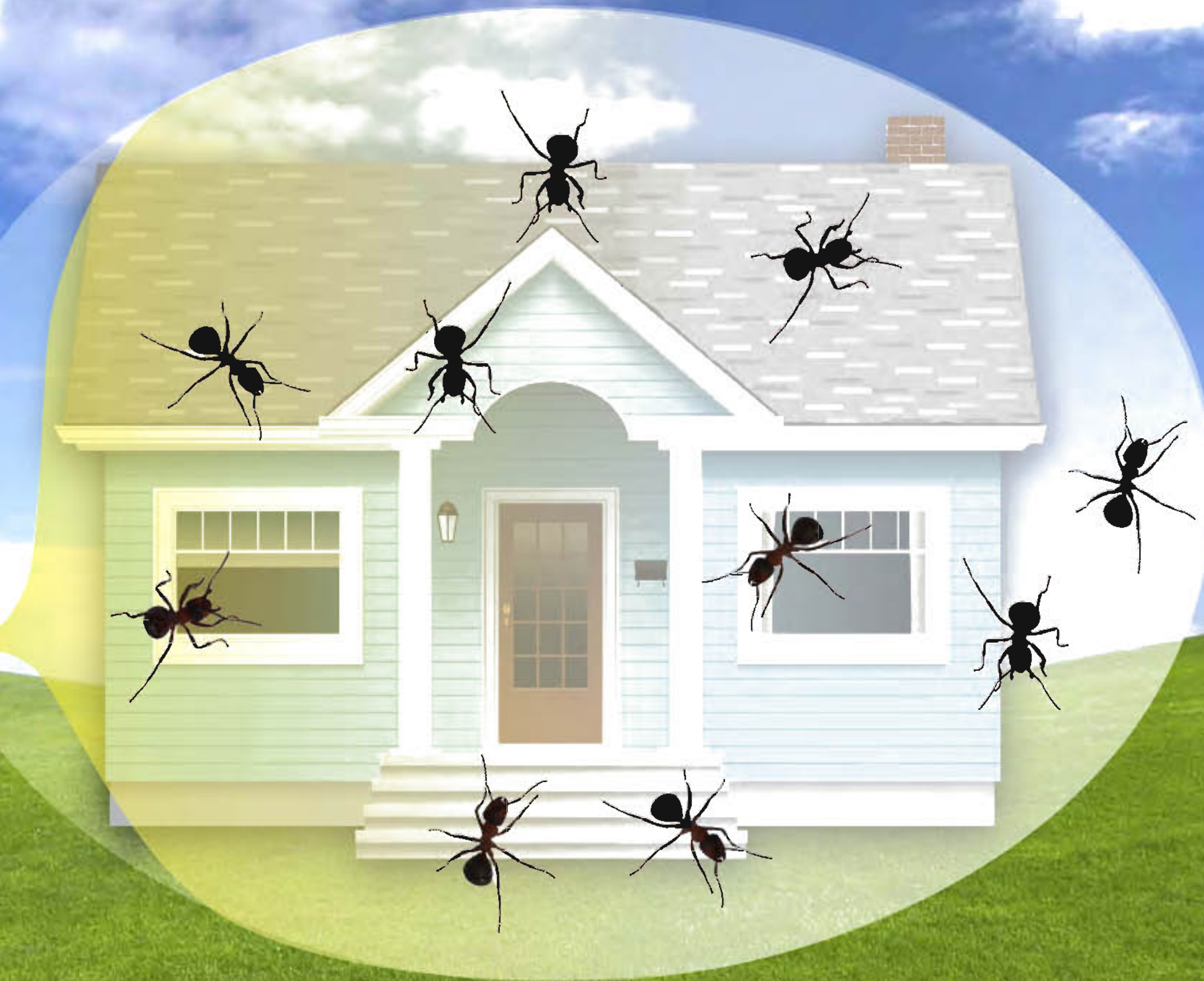


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A New Year's Garden in the Making What to Plant January 2013

by Teresa VanDyk Marshall

Break out your watering cans and pruning shears because it's January in the Florida Garden!

On a related side note, we feel it must be mentioned that Florida observes Arbor Day on the third Friday in January each year. So, if you are able, join in celebrating the day by helping to plant a tree!

We really do live in a great place to be a gardener in January. My garden is just exploding with lush color and growth. Our tea olive shrub has us enraptured with its magnificently fragrant flowers.

Here are just a few highlights from their January South Florida edition Gardening newsletter:

Lilies – Florida's Bulbs: Plant Now for a Blossoming Spring!

Unfortunately, tulips aren't too comfortable here in South Florida. That's all right though because we have other bulbs that love it here, and they are beautiful. Plant them now for full bloom in spring! Kaffir (or Clivia) lilies are highly recommended for their showy orange flowers accented by glowing golden centers. The Agapanthus lily family is also lovely to plant and offers a lovely violet blue shade to the garden when it blooms.

Winter Dryness Affects Plants, Too!

Remember that more water might be needed in the winter months as the typically dry air here during the winter leaves our plants and the earth they are in a bit on the dehydrated side.

Bring on the Fresh Vegetables!

We can continue to plant cool season crops that include beets, cabbage, turnips, lettuce and broccoli.

Keep the Flowers Coming...

Continue to deadhead flowers to encourage new blossoms. Monitor the garden for insects and disease. Especially check our citrus trees, because now is when the aphid damage starts to show.

If a Freeze Is in the Forecast...

If it can be done, bring the plant inside. Otherwise, water plants thoroughly and cover them between 12 and 24 hours before the freeze.

Herb Gardens That Love Our Winters

We should find Tarragon, Fennel, Thyme, Dill and the Mint family will thrive if planted now.

For more wonderful gardening insights or to get pointers on a different gardening region in Florida, we are pleased to provide a link to the University of Florida IFAS website:

http://solutionsforyourlife.ufl.edu/lawn_and_garden/calendar

So, it might be a snowy winter wonderland in our country's northern regions, but here there's a great chance for an early spring. Have fun planning and happy gardening to you all! 🌍

Our lemon balm has nearly tripled in size in the last month or so. According to www.FloridaGardener.com, there are a great many plants that do wonderfully here, especially when planted right now, including watermelon, strawberries, salad greens, cucumbers and a great many herbs.

We love the advice of Dr. Sydney Brown of the University of Florida's Institute of Food and Agricultural Sciences (IFAS division) when laying out our January garden plans.

GOING GREEN

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at Our Wonderful World.

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- Our Wonderful World (The Official Green Digital Publication of Greenerful.com)
- Earth Day History (and more as the special day approaches)

- Education Partners – The Earthman Project and Lucas Miller, the Singing Zoologist
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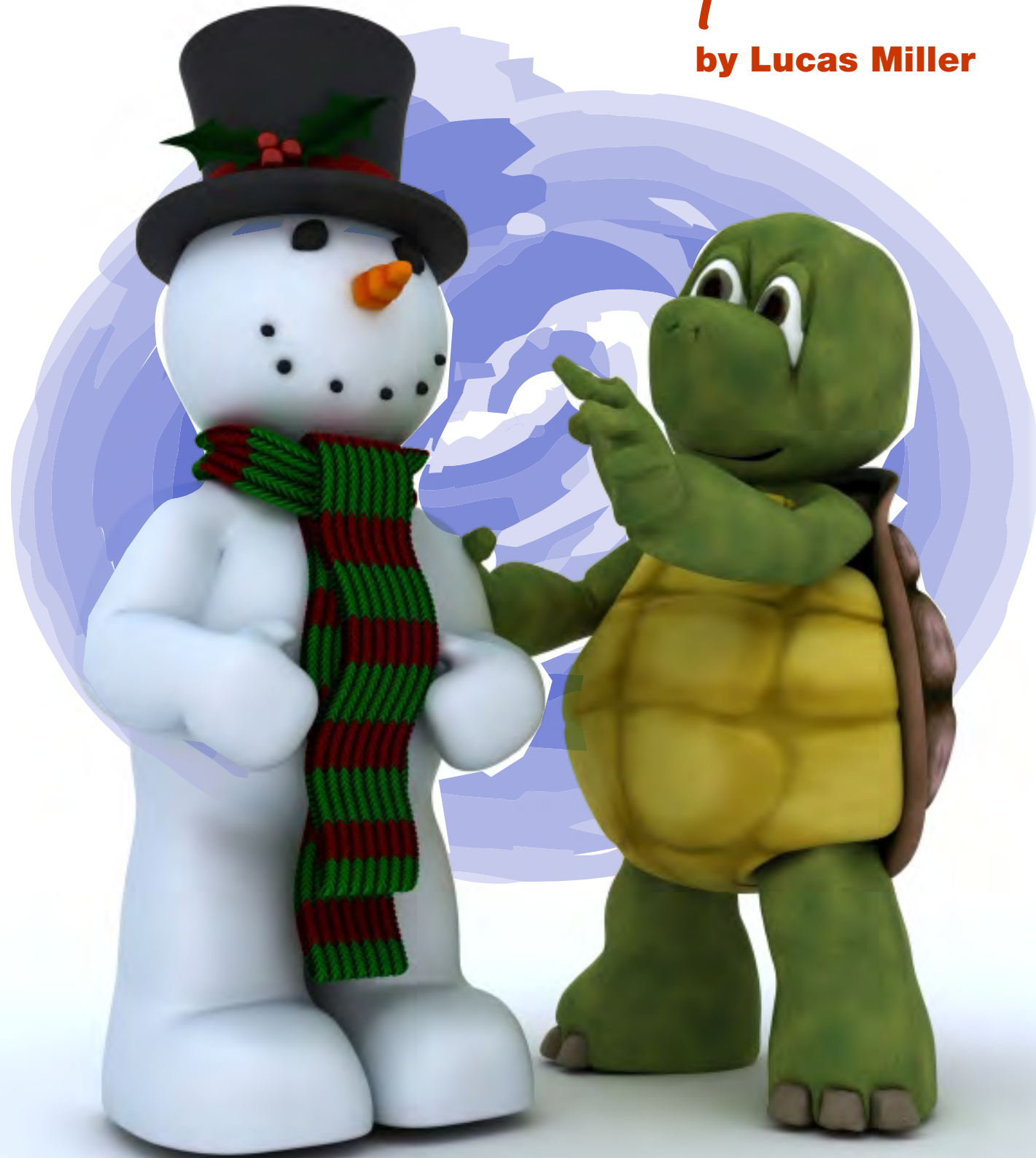
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Nature It's Full of Surprises!

by Lucas Miller



My college zoology teacher once started off a class by putting what was, by all appearances, a frozen turtle on his lab bench. He had just pulled it out of the freezer, he said, and assured us that it would be active again by the end of our 90-minute class. As I recall, he admitted sheepishly that it was still inert as we filed out at the end of our lesson in ectothermy, or “cold-bloodedness,” but he invited us to return after our next class to see it unharmed and shuffling with vigor. I took his word for it, and now I really wish I’d gone back to see it for myself.

To be sure, animals have some amazing weapons in their battles with winter. Obviously, the low temperatures are challenging, but for endotherms like mammals and birds, it’s really the lack of food and dehydrating conditions that are hardest. Food becomes scarce because it’s hard for plants to photosynthesize in the cold, dry air and shortened, winter days.

Many birds, for example, aren’t really migrating to leave the cold behind. They just came up from the tropics to fatten themselves and their chicks on the springtime explosions of insect populations. When these birds head south, they’re really heading back home.

Even if a frog or turtle had the stamina to hop or lumber to the tropics, it’d be spring again by the time they got there. So, they have to face winter’s challenges head-on. Many adult turtles burrow into the mud at the bottom of their ponds where it’s at least a little above freezing. Breathing may cease, heart rates all but stop and everything slows so much that they can survive for months in a true suspended animation. Other turtles stay at the surface, and with natural “antifreeze”(perhaps derived from their urine), remain unfrozen at temperatures well below 32°F. Some can even survive small amounts of ice in their systems.

Some frogs, like the land-dwelling wood frog, can tolerate quite a bit of freezing. They survive the experience by dehydrating their vital organs and moving water into the spaces between cells and organs where it can freeze and expand without causing injury. Breathing and circulation stop com-

pletely, and, essentially, they’ve become frog-cicles. When things warm up, in say February, they’ll thaw out and start calling for a mate. I will pass on the opportunity to make a joke about her being cold-hearted or giving them the cold shoulder. Wait, I think I failed to pass on that opportunity

Strictly speaking, none of this is truly hibernation, which involves a form of thermoregulation that only mammals can do (there’s some debate about a bird or two). Still, the word has been so abused by public and scientists alike that you need not trouble yourself with the differences between hibernation, torpor, dormancy, diapause, aestivation or brumation.

Suffice it to say that animals have amazing ways to shut themselves down when times get tough. Bat hearts beat at near-freezing temperatures. Bears sleep for six months without peeing. At least one rodent is really only active for four months out of twelve. Nature’s just full of surprises, isn’t it?

Why is any of this important? Scientists hope that some of their discoveries might be of use in medicine. Perhaps bears can show us how to help preserve bone strength and muscle mass in bed-ridden people. Maybe we can use amphibians’ natural antifreezes to help us in transplantations or even interstellar travel. For now, it’s just plain interesting... and that’s enough for me. 🌍

Known as the “singing zoologist,” author and songwriter Lucas Miller has been educating children about environmental awareness through the gift of music.

For more information and examples of his work, please visit www.lucasmiller.net.



Seaview Radio Hosts Jersey Boys Cast Live On-Air

by Glenn R. Swift

Popular DJ Mike Balsamo and Seaview Radio www.seaviewradio.com hosted the cast of the nationally renowned cast of Jersey Boys, which plays Dec. 29 through January 7 at the Kravis Center in downtown West Palm Beach. The award-winning production recants the legendary story of Rock and Roll Hall of Famers The Four Seasons and how four blue-collar kids became one of the greatest successes in pop music history. 🌐

To purchase tickets or for more information, please visit www.kravis.org.



From left to right:
Colby Foytik, Brandon Andrus, Sharon Quercioli, Chet Tart, Brad Weinstock and Jason Kappus
Images courtesy of Micki Fetterman



Above: Mike Balsamo with Jersey Boys Cast

Below: May Forberg (99 years old) with the Jersey Boys Cast



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The Green School Movement Providing Solutions to the Challenges Faced by Many Schools

by Jim McGrath
President/CEO of
Green Schools National Network



As a former principal and someone who continues to be involved with K-12 administrators, educators, students and parents from across the United States and Canada, I understand the challenges facing schools today.

The top three challenges are:

- 1) Improving the health of our students by increasing the amount of healthy foods in their diet
- 2) Improving academic achievement
- 3) Saving money and resources by decreasing energy consumption and improving recycling

The welcome news is that the “greening” of our schools—a growing national movement that now includes thousands of K-12 private, public and charter schools across the United States and Canada—can provide solutions to many of these challenges. Proof that green schools can positively impact academics, student health and a school’s financial health, continue to mount as we approach our Third Annual Green Schools National Conference www.greenschoolsnationalconference.org, set for Feb. 22-24, 2013 in West Palm Beach will address all of these challenges at the Solution Summit’s General Sessions and all Breakout Sessions.


Schools and their districts are developing programs to bring healthy foods into the cafeteria, such as the Farm to School and School Garden Programs that utilize locally grown fruits and vegetables into the menu.

Research continues to mount on improving student achievement? A recent survey of 100 green schools in 28 states by the University of Colorado-Denver found a positive correlation between student achievement in science and green school practices.

What about the financial impacts of a green school building? Studies have found that the benefits of building green appear quickly in the form of energy savings and decreased human resource costs related to staff turnover and employee absenteeism. Fossil Ridge High School, a LEED Certified school in Fort Collins, CO, saves \$100,000 a year.

Whether the topic is curriculum that advances environmental literacy and sustainability, recycling programs and healthy foods on the cafeteria line, or improving indoor air quality, the greening of the nation’s schools points the way toward saving money, improving student health and achievement—and saving the planet in the process.

The movement has attracted wider attention and more mainstream acceptance in the past year thanks to the US Department of Education’s Green Ribbon Schools Program. Schools earning the designation have become role models and mentors for other schools.

Our February conference program will attract leaders from corporate, non-profit, and government entities and will offer practical strategies and solutions as we provide a road map for our conferees. The conference is only the first step for many. 

In today’s K-12 environment, green surely is the way to go. The Green Schools National Network (GSNN) advances the national green and healthy schools movement by connecting like-minded and passionate education, non-profit, corporate and public sector individuals and organizations. For more information, visit

www.greenschoolsnationalnetwork.org.



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The New Year = New Opportunities Unlocking New Prospects in 2013

by John Carr



BUSINESS

The two least favorite words I know for any business owner or sales person “slow season”! When looking at your industry what does that really mean?

When I first started selling copiers in the 90’s I remember someone telling me that I started in their “slow season” which was from June to August. Well that was not what I wanted to hear so after thousands of cold calls and hundreds of networking events I exceeded my performance goals every month! My boss could not believe what he was seeing; almost every day I was posting a new prospect on my pipeline report, which was this huge whiteboard in the sales office. It was my goal to put 5 new opportunities on that board every week. I remember at one point they talked about getting another board!

What was the secret? The truth of the matter was I was ready to just start getting my name out there and build a list of people to call back later in the year. I did not like just cold calling, so I always made sure I concentrated on a new vertical market during each prospecting activity. I started with attorneys, and no one wanted to see me or they were all gone on vacation. Then I went to manufacturing, same result, then I tried calling on the hospitality industry (hotels) and had a little better response but they were a little busy

told me to call back in November. I still remember sitting at my desk, it was 4:30 in the afternoon, there was one week left of the month, the rest of the sales team was gone, and I was staring at the board with nothing on it. I leaned back in my chair and said out loud “God what am I missing” and it hit me! There was a Catholic Church near my house, so the next morning I stopped in to introduce myself. The result was 3 days later I had an order for three machines and exceeded my sales goal again!

This got the juices flowing and decided to pull every single religious organization in my territory and within two weeks and had full pipeline. I realized this was working so I started contacting all the private schools, more sales!

I don’t believe in slow seasons, you need to target what is selling or who is buying at different times of the year. Take a look at your business, find out when your numbers are down and find what products you can promote or prospects that may be available to you. 🌍

For a free fifteen minute session on how to increase your sales during your “slow season” please contact John Carr via email john@jrconsultinggroup.com.



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



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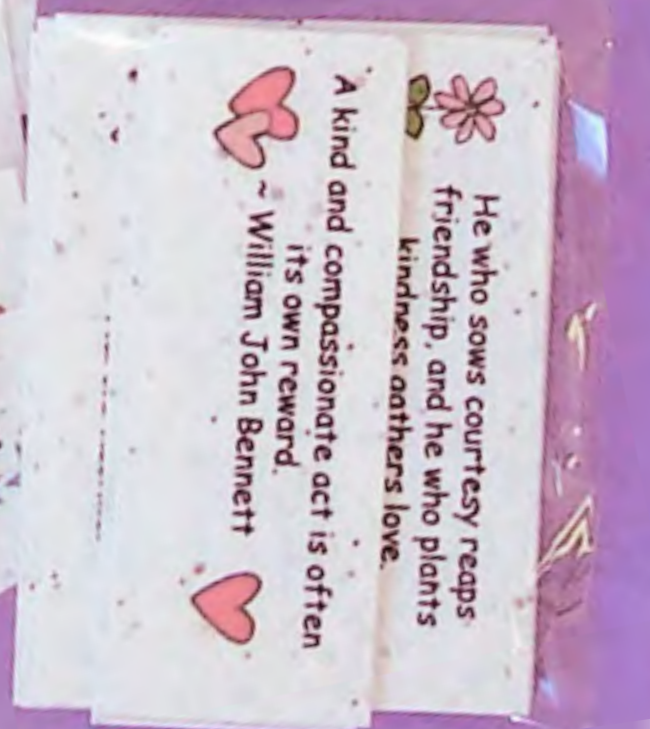
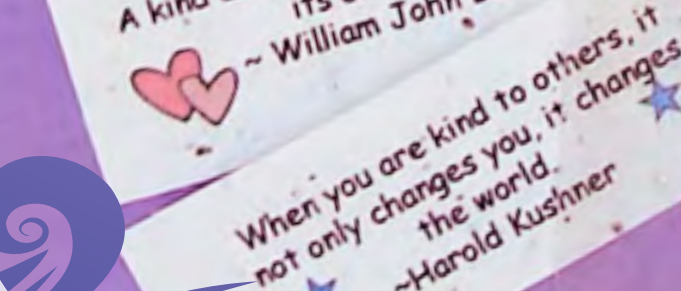
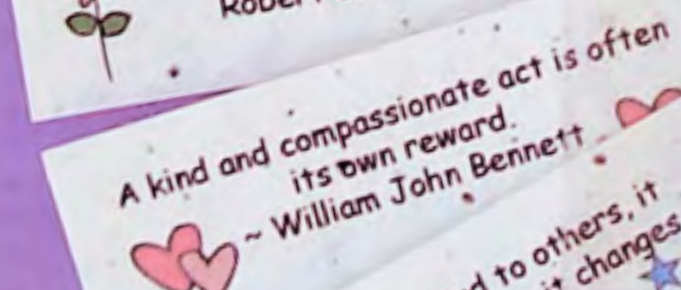
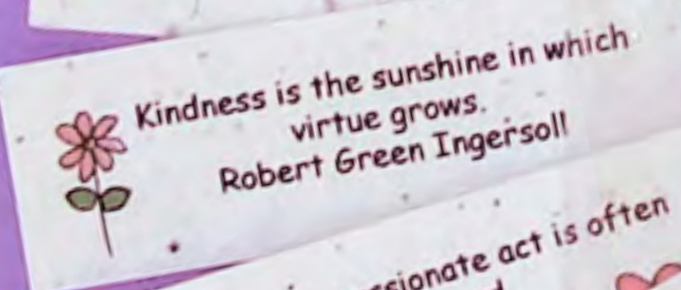
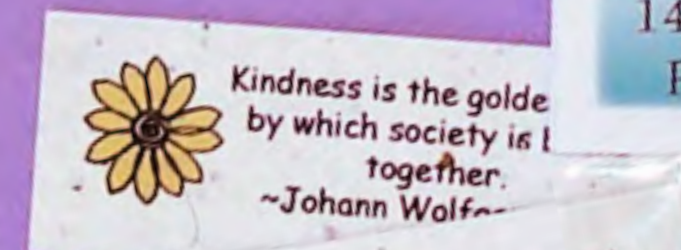
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GREEN GOODIES



Meet the Team...



SHARON QUERCIOLI

Co-Founder & President

Named 2011 Woman of the Year by the Northern Palm Beach County Chamber of Commerce, Sharon Quercioli is a highly successful entrepreneur with over 20 years in the recycle industry. The former Vice President of Static Control components, Inc. and four-time president of her own companies, Quercioli is widely recognized as a marketing guru and has consulted numerous companies across the United States. In 2004, Quercioli founded Sprouts, Inc., an innovative company that uses 100% recycled paper embedded with flower seeds to create a diverse array of eco-friendly products including greeting cards, bookmarks and unique marketing pieces that grow flowers when planted. In 2009, Sprouts was named Small Business of the Year by the Northern Palm Beach County Chamber of Commerce, and in 2010 the company received recognition by the U. S. Chamber of Commerce for being one of the leading small businesses in the country.



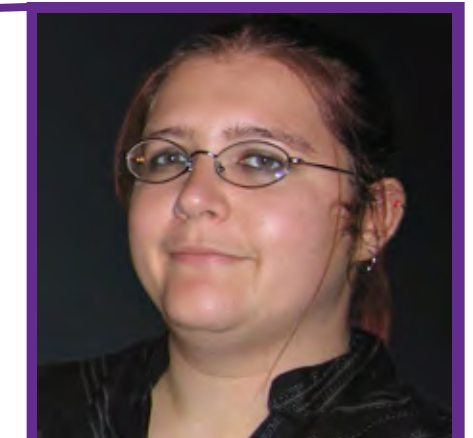
GLENN SWIFT

Co-Founder & Editor-in-Chief

Glenn Swift has been a feature story writer and editor for a number of high-end publications across the United States, and over the past decade has established himself as one of South Florida's leading journalists. Holder of a B.B.A. in Finance from Stetson University and a Master's Degree in European History from the University of Central Florida, Swift was the Winner of the Florida Magazine Association's Bronze Award for Excellence in Writing and is a member of Phi Alpha Theta, the International History Fraternity. Swift has interviewed many of the biggest celebrities in the Arts & Entertainment world and is renowned for his in-depth knowledge in that field. He has also hosted several radio shows, all of which focused on his passion for entertainment. From 2005-2007, Swift served as Managing Editor of Newport Beach, California-based Advisys, Inc., one of the nation's most highly respected e-publishers for the financial services industry.

SANDRA FRENS

Art Director



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

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

Meet the Team...



SEAN REED

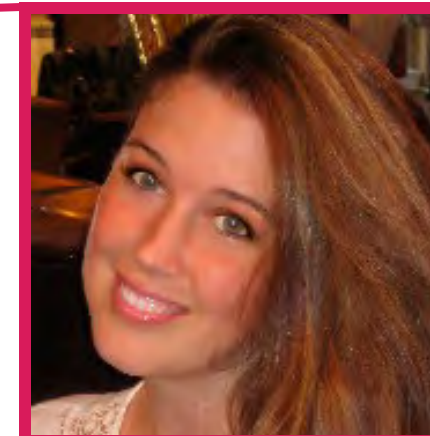
Webmaster / IT Coordinator

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

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

TERESA VANDYK-MARSHALL

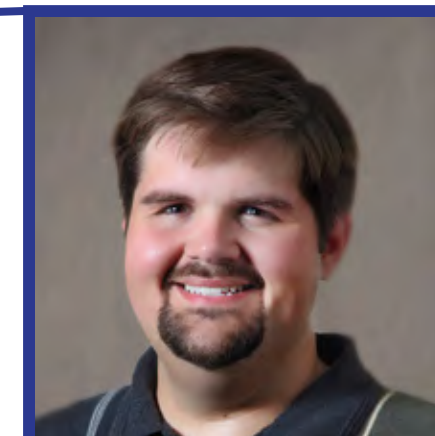
Contributing Columnist



Teresa Vandyk-Marshall is a columnist for Our Wonderful World Media as well as a Senior Quality Consultant with Florida Power & Light (a leading clean energy provider). Having spent over nine years writing for the company, this Palm Beach Gardens resident currently specializes in communications within Quality Management and has written a multitude of educational references for the company. Representing FPL, she provided helpful tips on energy conservation that all energy users can view at www.FPLConnect.com. 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."



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