Gur Wonderful World February, 2013 Volume 4 :: Number 2

ArtíGras 2013

Accept Change With a Smile!

Love Thy Self Taking Time Out for YOU

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Our Wonderful World Volume 4 Number 2



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Valentine's Day

Happy Valentine's Day and welcome to the February, 2013 issue of **Our Wonderful** World, Florida's leading green digital magazine. Our feature story covers the 2013 ArtiGras Fine Arts Festival, which will take place President's Day weekend, Feb. 16-18, in Jupiter's fashionable Abacoa neighborhood. Listed as one of the top 50 festivals in the country, Arti-Gras 2013 expects to draw more than 100,000 patrons over the three-day period and will showcase a juried exhibition of outstanding fine art and feature activities, including live entertainment, artist demonstrations, interactive art activities for all ages, a youth art competition and the opportunity to meet more than 300 of the top artists from around the world.

Sandra Frens in "Love Thy Self" has done a great job of pointing out just how important it is for all of us to take time out from our hectic schedules for ourselves, while our very own Green Goddess has some valuable Pearls of Wisdom to help us "Accept Change With a Smile." And speaking of the Goddess, Sharon enlightens us to all the wondrous benefits of "Awesome Arugula" in our Eating Well section.

Our singing zoologist tells us a whole bunch of fascinating facts about anurans (i.e., frogs and toads) in "Livin' La Vida Croak-a," while our energy expert, Scott Ranck of Florida Public Utilities, teaches us how to use our air conditioning as efficiently as possible.

Rick Hawkins of Localecopia provides a clarion call with regard to taking action now to combat global warming, and Missy Strauss provides some great ways to cash in on our e-waste. Don't know what that is? Then you better read the story!

Of course, we've got a whole lot more! So, start 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

Five Green Goodies that will • Tickle Your Sweetheart Pink!

As Valentine's Day draws near, one question becomes quite clear, "What do I give to my beloved dear?" Candy, jewelry, a new sweater or two... I need something special... something different...something new!

Plantable Valentine's Day Cards

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****All of Sprouts Plantable Seed Paper Cards and Products are fully customizable. Expedited shipping is also available. Please call the Sprouts Office at 561-840-8089 for more information.***



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For My Valentine

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Kelly's Palm, the painting that has been selected as the official poster of ArtiGras 2013. Paul Seaman's brillant work truly captures the tropics.

Paul Seaman Featured at ArtiGras 2013 Palm Beach Gardens Resident Tapped as This Year's Official

ArtiGras Poster Artist

by Rebecca Seelig

W hen visiting a friend, artist Paul Seaman was inspired to create a painting that would complement the atmosphere in a tropical home and make the viewer feel like they were standing on a beach. That was the inspiration behind Seaman's vibrant and colorful painting, Kelly's Palm, which has been selected as the official poster of this year's ArtiGras Fine Arts Festival set for February 16-18 at Abacoa.

Seaman, who is an art supply distributor representative and an art supply consultant, participated in ArtiGras' emerging artists last year and juried into ArtiGras this year. The native Floridian tries to paint at least once a week and credits his style of painting on his twenty-five year friendship with artist Joseph LaPierre, an extremely talented artist who passed away in 2009. LaPierre like his friend was selected as the ArtiGras poster artist in 2008.

Like LaPierre, Seaman works with a palette knife and heavy bodied paints which allow him to capture his love for Florida and Bahamian landscapes in a loose, vibrant and colorful way.

En Koras

Fine Arts Festival

"My inspiration for my work comes from spending years boating and diving off the Florida shores and in the Bahamas, or exploring inshore paradises such as the Loxahatchee and The Everglades" -Paul Seaman "My inspiration for my work comes from spending years boating and diving off the Florida shores and in the Bahamas, or exploring inshore paradises such as the Loxahatchee and The Everglades," said Seaman, who studied commercial art and printmaking in school.

The 2013 ArtiGras poster will be available for purchase online at www.artigras.org or in the ArtiGras Merchandise Booth at the festival. Seaman will be in the Merchandise Booth signing posters for patrons on Saturday, February 16 from 2pm to 3pm and again on Monday, February 18 from 2pm to 3pm.

Festival hours for ArtiGras are 10am to 6pm Saturday, February 16; 10am to 6pm Sunday, February 17; and 10am to 5 pm Monday, February 18. The outdoor arts event showcases a juried exhibition of outstanding fine art along with activities, which include live entertainment, artist demonstrations, interactive art activities for all ages, a youth art competition and the opportunity to meet more than 300 of the top artists from around the world.

General admission tickets to ArtiGras are available online at www.artigras.org for the advance ticket price of \$6. Advance tickets are also available at the Gardens Mall (Information Desk), the Maltz Jupiter Theater and Roger Dean Stadium. Admission at the gate is \$10, with children 12 and under admitted free of charge.





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.

Presented by: Palm Beach Garde



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Hospice of Palm Beach County Foundation to Host CELEBRITY MASQUE ART EVENT

by Diana Hanford

Photo Courtesy of Andrew Goldstein

L'or one night only (Saturday, March 9 from 6:30pm to 10:30pm), the walls of Worth Avenue's Wally Findlay Galleries, which have been adorned with paintings by "The Masters" for fifty-two years, will feature one-of-a-kind crafted masques. Each masque is individually designed by national and local artists, dignitaries and stars. The masques will be exhibited and up for bid during the silent auction and cocktail reception, which will be followed by a private dinner on the terrace. Proceeds will benefit the Hospice of Palm Beach County Foundation.

WHEN

Saturday, March 9 (6:30 pm - 10:30 pm)

WHERE

Wally Findlay Galleries 165 Worth Avenue, Palm Beach

WHY

Proceeds Benefit Hospice of Palm Beach County

COST \$150 per person (silent auction & reception only) \$450 per person (silent auction, reception & private dinner)

About Hospice of Palm Beach County Foundation Hospice of Palm Beach County Foundation is the philanthropic arm of Spectrum Health, Inc. and its subsidiaries. The Foundation is dedicated to raising funds to support the unfunded patient programs and services offered by Hospice of Palm Beach County which are not covered by Medicare, Medicaid or private insurance. As a not-forprofit 501(c)(3) organization, Hospice of Palm Beach County Foundation relies on the support of individuals and corporate partners who generously support the mission of Hospice of Palm Beach County. 🏄

To contact Hospice of Palm Beach County Foundation, please call (561) 494-6888 or visit www.hpbcf.org.



Palm Beach County

We're there.

Northern Palm Beach Community Chamber Hosts ArtiGras Kick-Off Party by Glenn R. Swift

ArtiGras 2013

©2013 David R. Randell

Pictured: Beth Kigel and Paul Seaman unveiling his artwork as the official poster of ArtiGras 2013.



The 2013 ArtiGras Fine Arts Festival held their annual kickoff on Thursday, January 24 from 6 pm to 9 pm at STORE Self Storage and Wine Storage in Palm Beach Gardens. Featuring an extensive variety of fine wine, as well as gourmet food from local eating establishments, Arti-Gras' official kickoff also featured the unveiling of the official commemorative poster for this year's fine art festival. The winning poster artist, Paul Seaman of Palm Beach Gardens, was on hand to talk about his artwork and sign copies of the poster.

Taking place President'd Day weekend, Feb. 16-18, the 28th annual ArtiGras Fine Arts Festival will showcase a juried exhibition of outstanding fine art and feature activities, including live entertainment, artist demonstrations, interactive art activities for all ages, a youth art competition and the opportunity to meet more than 300 of the top artists from around the world. Listed as one of the top 50 festivals in the country, Arti-Gras 2013 expects more than 100,000 patrons over the three-day period.

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



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PEARLS OF WISDOM FROM THE GREEN GODDESS

Accept Change With a Smile

by Sharon Quercioli

Quote of the Month:

One who gains strength by overcoming obstacles possesses the only strength which can overcome adversity. -Albert Schweitzer Sooner or later we will all experience a crisis in our life, **Rosewood** (Aniba rosaeodora) is high in linalool, and how we meet it will determine our future happiness which has a relaxing, empowering effect. Roseand success. wood is antiviral, antibacterial, antiparasitic and antifungal.

It would be nice to think that we will never have crisis in our life, but experience tells us otherwise. So, let's take a Geranium (Pelargonium graveolens) helps balcloser look at crisis and how we can handle them in a posiance hormones and discharges toxins in the liver, tive way. Most "crisis situations" are opportunities to either where fear and anger are stored. Geranium is anadvance or stay where you are. In fact, most changes in tispas modic, antibacterial, antifungal, antioxiour lives will take place out of either "inspiration" or "desdant, antitumoral, anti-inflammatory, hemostatic peration." and improves blood flow.

Whatever comes our way, we need to give it meaning and Blue Tansy (Tanacetum annuum) helps cleanse the transform it into something of value. Personal growth is the liver and lymphatic system helping to overcome process of responding positively to change. I want to anger and negative emotions. Blue Tansy promotes inspire others and have included a few suggestions that a feeling of self control. It is anti-inflammatory, aneshopefully will do just that. thetic, analgesic and a relaxant.

Young Living Acceptance Blend

Frankincense (Boswellia carteri) is considered a People have inhaled this Young Living Blend right from holy anointing oil and has been used in religious the bottle, and it has helped to be able to deal with ceremonies for thousands of years. It elevates the day-to-day issues that would otherwise build up and mind, helping to overcome stress and despair. lead to depression or anxiety. It is good for feelings of Frankincense is used in European medicine to uncertainty when you are questioning something. combat depression. This venerable oil is antitumoral and is an immunostimulant, antidepressant, muscle relaxing and useful for depression, cancer, respiratory infections and inflammation.

This blend encourages feelings of self-worth. It stimulates the mind, compelling us to open and accept new things, ourselves, other people or relationships in life, allowing us to reach a higher potential. This blend may also help overcome denial and procrastination.

Neroli (Citrus sinensis) was used by the ancient Egyptians for healing the mind, body and spirit. It Ingredients is stabilizing and strengthening to the emotions, Rosewood, Geranium, Neroli, Sandalwood, Blue promoting peace, confidence and awareness, Tansy and Frankincense are the essential oils that bringing everything into focus. This antimake up Acceptance. Here's some great information depressive is useful for hypertension, anxiety, on each of these oils: hysteria, insomnia and skin conditions.

Application Sandalwood (Santalum album) is high in sesquiter-You can diffuse Acceptance or add 1-2 drops to pene compounds, which stimulate the pineal gland your bath water. You can also apply it over your and the limbic region of the brain, the center of emotions and memory. Sandalwood is traditionally used in heart, on your wrists, behind your ears and on yoga and meditation and may help remove used in your neck and temples. yoga and meditation and may help remove negative So, now you have the secret to programming in the cells. It is antiviral, an immune Accept Change With A Smile!!! stimulant, antitumoral and enhances deep sleep.



In 2013



If you're ready to start taking better care of yourself and adopt a more active lifestyle—Loggerhead Fitness in Juno Beach is here to help! Summer is only moments away... Make this the year you EMPOWER yourself by looking and feeling your very BEST! Join the only fitness center in Palm Beach County specializing in a relaxed, friendly, adult-oriented environment at a great price.

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THE INTELLIGENT CHOICE



Awesome Arugula by Sharon Quercioli

 \mathbf{A} rugula is always one of the first items in my grocery cart. I love it in salads, a snack or cut up with fresh tomatoes and mozzarella cheese and basil with balsamic dressing.

Yummy!

puts out lovely, purple-veined white flowers. prevention.

Not only is this star of many a spectacular From a different angle, vegans love the salad easy to grow in our gardens, but it's healthy boost of iron they get from munchvery nutritious for us as well. High in anti- ing Arugula. Not too much iron, but just oxidants and many other nutrients, it's a enough to keep our blood healthy and great addition to the menu that doubles as happy. that famous ounce of prevention worth a pound of cure!

Evidence Suggests Arugula Strengthens Our Immune System

Cruciferous veggies seem to be especially Arugula, also known as Garden Rocket (or useful in protecting against certain cancers roquette if one prefers the French variation), due to the presence of glucosinolates in is a bitter salad green similar in many ways their composition, which our bodies transto other leafy greens, but is classified as form into isothiocyanates, which is just a cruciferous, like broccoli and cauliflower. fancy word for that which can regulate The herb grows to about 2.5 feet tall and immune function and play a role in cancer

Milk or Arugula — How Arugula Strengthens **Our Bones**

Dole's Nutrition Institute found out some great facts supporting Arugula promoting bone health. Their findings stated that "Arugula provides an excellent source of folate, vitamins A and C, and over 100% of your daily vitamin K needs.... It is a good source of calcium, magnesium and manganese. The fact that this leafy green, unlike spinach, is lower in oxalates (which ... can inhibit mineral absorption) gives a 'green' light to arugula's calcium availability."



Even Its Seeds Are Great for the Tummy!

In an article published online by the U.S. National Library of Medicine, studies found that Arugula seed extract, also known in natural medicine as *Eruca Sativa*, have anti-acidic, anti-ulcer properties, possessing "anti-secretory, cytoprotective, and anti-ulcer activities against experimentally-induced gastric lesions."

All in all – Arugula is a fantastic herb, salad green and its peppery flavor comes with a nutrient packed punch for all to enjoy! If you are looking for a new way to prepare arugula beyond your favorite garden green salad, we are pleased to share this recipe by Nirasha Holcomb and Maili Halme Brocke to inspire you. Enjoy!

INSTRUCTIONS

While you are getting all of your other ingredients together, cook the quinoa (following instructions on the box) in boiling salted water. Rinse the quinoa in cool water before adding other ingredients.

Sauté onion over medium h than you would generally u used as the dressing for the Cook onion for 15-20 minut (The longer you cook onion In the largest bowl you have the oil from the sauté pan.

Toss in arugula, tomatoes, feta (or parmesan), pine nuts, capers, artichoke hearts, herbs of your choice, lemon juice and sprinkle of salt and pepper. Toss gently to combine. Serve promptly at room temperature.

Quinoa Arugula Salad

INGREDIENTS

- 1 one lb. Box of organic quinoa
- 1 large yellow onion
- 1 cup pine nuts, toasted (nuts are optional)
- 2-3 tablespoons capers, rinsed (optional)
- 1 13.75 oz. Can artichoke hearts, packed in waterJuice from two lemons

Minced fresh parsley

Basil

Salt and pepper to taste

1/3 pinch olive oil

Pinch of kosher sea salt for onion

- 1 seven ounce bag of baby arugula
- 2 cups sugar plum tomatoes
- (or cherry tomatoes), cut in half
- 1 cup fresh parmesan cheese

Sauté onion over medium heat in 1/3 of a cup of olive oil. This may seem like more olive oil than you would generally use to sauté, but the extra oil will be flavored with the onion and used as the dressing for the salad. Put a pinch of salt on the onion while cooking.

Cook onion for 15-20 minutes, stirring occasionally, until the onion is translucent and sweet. (The longer you cook onions, the better they are, so don't skip this part.)

In the largest bowl you have, toss the warm onions with cooled quinoa. Be sure to use all of

February TangibleGreen Tip CA\$H for E-TRRSH



E-Waste is a term de- humans to the central and periph-

scribing electronics at the end of eral nervous systems, the blood their useful life. Electronics en- and the kidneys. compass anything from cameras to clocks, cell phones to laptops. The good news is that lead E-waste is a major concern for multiple reasons, one of the most important being that it's a rela- a device and reused. tively new waste stream and has grown in volume exponentially in a very short period of time. Consider this: 15 years ago cellular phones were just becoming mainstream, still in the mass marketing development stage.

Today about 50 million cell phones are replaced worldwide each month, and only 10% are recycled worldwide.

It is estimated that the U.S. now dumps between 300 million and 400 million electronic items per year, and less than 20% of that ewaste is recycled. Even more concerning is that E-waste represents 2% of America's trash in landfills, but it equals 70% of overall toxic waste. The extreme amount of lead in electronics if allowed to degradeinto the ground or leach into groundwater can cause damage in

can also be extracted from

Other commodities that can be extracted from electronic equipment and reused as valuable raw material in the manufacture of new products are steel, aluminum, gold, silver, titanium, copper, nickel, plastic and glass. It only makes sense to recycle electronics: extract all reusable materials saving money, and making certain that toxins are being properly handled and reused or disposed, saving our planet.

Electronics recyclers provide comprehensive recycling operations. Businesses usually have large amounts of e-waste that may require secure data destruction. There are both for-profit organizations that may pay for them, and nonprofits, such as ARC Broward, that will provide you with secure hard drive and data destruction,

Individuals can get paid to recycle electronics and keep them out of landfills, too. Instead of tossing your gadgets in a landfill when you're finished with them, get paid to recycle them by using services www.getpaid2recycle.com, like www.buymytronics.com, and www.gazelle.com.

E-recyclers will recycle or refurbish your electronics, keeping them out of landfills and paying you cash.

Different recyclers take different types of products, so make certain that you do your research online to see which recycler is willing to give you the best price. And please, whatever you do, make certain your recycling company of choice is certified by R-2, ISO or another reputable third party verifier, insuring the organization is truly disposing of your e-waste properly.

And there you have it: one simple way that you can reduce your clutter and make a few bucks on in the process, almost hassle free! And that's it, for the TangibleGreen Tip! 🎑



As Valentine's Day approaches, many of us Take a nap. This might sound silly, but naps can really improve the way we feel. A twenty-minute begin the preparations to show our loved ones nap can give you an extra burst of energy. It can how much we care. Buying Valentines for the reduce stress, increase creativity and keep you kids to give out at school, making dinner reservafrom burning out on information overload. Giving tions for a romantic evening with your honey or yourself a little extra time for a nap is a great way buying a few treats to divvy out among friends, it seems that all our attention is focused outward. to love yourself. With all of life's distractions and interruptions (not Don't forget to reward yourself once in a while with to mention holidays), it's no wonder we don't a treat. Sometime we get so focused on making spend time focusing inward, but this hectic pace sure we reward those around us that we forget to can take its toll.

Not only can we get worn-out physically, but our minds need a break from the stress too! Many of us give the excuse, "There are too many other things going on to give myself time and attention." STOP! That kind of thinking is what is holding you back from giving yourself a break and showing yourself some much needed love.

One excellent way to tune out the world and you calm for the day ahead. If meditation is not focus inward is to spend a day away from all tech and media gadgets. The world will not fall apart if your thing, read or watch something that will give you a good laugh. Like meditation, laughter boosts you turn your cell phone and computer off for one day. Put a "Do Not Disturb" door hanger on your the immune system, releases endorphins and door, (Sprouts!, Inc. (www.sproutem.com) has relaxes the whole body. some really cool ones!) and take time out for you. Taking time out for yourself is more than just a Spend this quiet time reading a book, flipping through one of your favorite magazines or doing luxury, it's important for your health and wellbeing. This Valentine's Day, instead of just giving a creative project. This will give your brain someeveryone else your love, give some to yourself, too. thing new and fun to focus on giving it a chance You'll be surprised how good it will make you feel. 🎑 to relax too!



by Sandra Frens

reward ourselves. Take yourself out for a quiet dinner at your favorite restaurant or buy yourself a new outfit. Heck, it can be something as simple as buying yourself a drink at your favorite coffee shop. Whatever your treat is, just make sure it's something you will enjoy. You deserve it!

How can you get a whole day away from the world? Try waking up thirty-minutes early and taking some time to meditate. This will help keep

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Green Legislation	
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Green FAQs	' ∣ *Must register. N
Our Wonderful World (The Official Green Digital Publication of Greenerful.com)	I
Earth Day History (and more as the special day approaches)	Sho
	'

Be a Do-Gooder! Earn Green Dot Rewards Points for a good deed in your community or for nominating someone who has done something good in your community.

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Design

Using ceiling fans generally allows the tempera Your air conditioner is designed to work most efficiently to be set 3 degrees higher with the same comfort when sized correctly for your climate. In the Florida market the design temperature is from 90 – 95 degrees. Each degree you raise your temperature during Your HVAC contractor can give you the exact temperathe cooling season can save up to 4-7% of your cost. ture for your area. Design temperature means the temperature will be at or below the design temperature Use the "auto" fan setting rather than the "on". 97.5% of the time. When outdoor temperatures are less The "on" setting allows unconditioned air to leak into than the design but warm enough to need air conditionyour ducts, creating humidity issues. In addition, you ing and your thermostat is set at 78 degrees, it will run spend an extra \$25 per month on your electric bill. about 20 minutes per hour. At temperatures higher than design, your system will run continuously.

Terms

Tons: This is referring to the size. One ton of air conditioning is equal to 12,000 British Thermal Units. A Change your filter regularly, and don't use above a four-ton system has 48,000 BTUs of cooling. Bigger is MERV 8 unless your system was designed to handle the not better! Your HVAC contractor will calculate how resistance. 🥭 much cooling your home requires and size your unit Scott Ranck is the Conservation Program Coordinator & accordingly.

SEER: Seasonal Energy Efficiency Ratio refers to the efficiency of your unit. Florida code is now 13 SEER. A rule of thumb is that for each SEER higher you save approximately 10% of your cooling costs based on proper sizing and installation. So, a 15 SEER will be approximately 20% more efficient than a 13 SEER.

Ask the Energy Expert Maximize Your Air Conditioning Comfort & Cost **by Scott Ranck**

Just before our cooling season comes back, I thought it would be a good topic to write about. Air conditioning is your highest energy cost as a Florida resident or business. Few people understand how to gain the most comfort and cost savings from their system. I want to help you maximize your

Use

Do not push the temperature setting below the temperature you desire. It will not cool any faster and may damage your system.

Energy Specialist for Florida Public Utilities. Feel free to e-mail any energy-related questions or comments to Scott at sranck@fpuc.com.



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.



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Livin' LaVida Crock-g by Lucas Miller

Just as winter ebbs you'll begin to hear the various belches, peeps, trills, snorts and myriad other sounds of frogs and toads. If you think they all go "ribbit," then think again. As Florida's great zoologist and author Archie Carr wrote, "Frogs do for the night what birds do for the day; they give it a voice. And the voice is varied and stirring—one that ought to be better known."

While female frogs make some sounds that roughly translate as "Keep your feet to yourself, bub," the cacophony that kept you up on that camping trip was created by lovelorn males. They woo the ladies with lyrics go something like, "Hey, good lookin', I'm available...and I'm a hunk-a-hunk-a-burnin' frog!" which, when you stop to think about it, is remarkably similar to the lyrics of every boy band hit.

You can hear the full diversity of North America's anurans—"frogs and toads" for those who don't speak zoology—in the book/CD The Frogs and Toads of North America, by Lang Elliott. With stunning photographs and recordings of over 100 species, this is a herpetologist's holy book and the star of many a coffee table. Elliott travels the globe recording nature's symphonies and his YouTube channel, "TheMusicOfNature," and website, www.musicofnature.com, will leave you wiser and, most likely, a lot more relaxed.

Perhaps, like me, you have some tadpoles of your own. You want them to metamorphose right, and you've probably heard about the research showing that playing in nature makes them healthier, happier and smarter.

Well, here's an idea for you: some moonlit night this month, grab some flashlights and head down to the nearest bubbling brook or slimy green pond. Have a seat and spend at least 60 seconds in complete silence. How many sounds can you you hear? Do you recognize any of those sounds? What else do you hear? Perhaps you can even record it with your smart phone to help you identify the sounds back home.

All that's involved is choosing a soggy spot near you and visiting on a regular basis to listen for frogs. You'll take note of what you heard, the weather and a few other details, and that's all there is to it. Yes, you can be a part of scientific research in all its glory... and repetition.

So get out there and get muddy. Oh, and don't forget the bug spray.

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.





Four Seasons Frank Sinatra **Rod Stewart** Michael Buble **The Beatles Air Supply Neil Diamond Elton John** Chicago **Dean Martin Boz Scaggs Bette Midler Bobby Darin Diana Ross** The **Eagles Dionne Warick**

Have you listened lately?

Our Wonderful World Media & Entertainment, Inc. and TangibleGreen, Inc. Announce the Launch of Our Greener World

6pm-7pm Thursday Evenings on Seaview Radio

(95.9FM Delray Beach to Jupiter; 106.9FM Jupiter to Jensen Beach; 960AM Delray Beach to Vero Beach)

Our Wonderful World Media & Entertainment, Inc. (www.owwmedia.com) and Tangible Green, Inc. (www.tangiblegreen.net) have announced the launch of Our Greener World, (www.ogwradio.com) on Thursday, Jan. 31. The show will feature one hour of news, information and conversation to help us all live healthier, happier, more sustainable lives. Each week you will hear from experts on subjects such as health and wellness, ways to save money in your home and business, organizations and people improving our communities, environmental awareness and conservation, art, music, local events and much more. Our Greener World will inform you about the technologies, products and practices that you can use to become greener in every area of your business and personal life.

MISSY STRAUSS

Co-Founder & Co-Host

Missy is a veteran print and broadcast journalist. Recognized as an authority in Sustainability throughout South Florida, she is the President and CEO of TangibleGreen, Inc. (www.tangiblegreen.net) a green business, building, and sustainability consulting firm. Strauss was a creator and host of Radio Green Earth, an award-winning environmental radio show on a local NPR affiliate and was a

founding Board Member of the Green Earth Environmental Education Foundation. Strauss also serves as Adjunct Faculty at Palm Beach State College (PBSC) on the topics of Green Building and Sustainability, and is a member of the Green Institute Business Advisory Board. A former Chairman of the Palm Beach Branch and Board Member of the US Green Building Council South Florida Chapter, Strauss was nominated for Green Community LEEDer of the Year in 2011.

"Tune In to a Better Life"

missy@ogwradio.com

SHARON QUERCIOLI

Co-Founder & Co-Host

Sharon is a highly successful entrepreneur and corporate executive with over twenty years experience in the recycle industry. The President and Co-Founder of Our Wonderful World Media & Entertainment, Inc. (www.owwmedia.com), Quercioli was named Woman of the Year in 2011 by the Northern Palm Beach County Chamber of Commerce and won Small Business of the Year honors for Northern Palm Beach County two years



earlier as the President and Founder of Sprout's, Inc., (www.sproutem.com) a cuttingedge, plantable seed paper manufacturer that was named one of the nation's leading small businesses by the U.S. Chamber of Commerce in 2010. A long-time champion of environmental education, Quercioli has worked extensively with a number of charitable organizations and is widely recognized as one of the leading business professionals in the Palm Beaches.

sharon@ogwradio.com

Who said MSG is a bad thing?

GLENN SWIFT

Co-Founder & Co-Host

Glenn Swift is an award-winning writer, editor and educator with years of experience as a radio talk-show host. Winner of the Florida Magazine Association's Bronze Award for Excellence in Writing, Swift is the Editor in Chief and Co-Founder of Our Wonderful World Media & Entertainment, Inc. (www.owwmedia.com). The son of a former senior British government official, Swift



frequently lectures on American and European history at Palm Beach State College. Northwood and Nova Southeastern universities. Known as a passionate and knowledgeable supporter of the arts, Swift's serious yet colorful style brings a unique set of skill sets to Our Wonderful World.

glenn@ogwradio.com

Check out our website www.ogwradio.com to learn more!

A Broken Record... A Record Broken

by Richard Hawkins



A broken record... Hearing the same thing over and over again... Most of us eventually just tend to tune out the message. The global warming debate is a broken record. The vast majority of the planet's scientists tell us that we had better start doing something to reduce human generated greenhouse gas emissions or there will be dire irreversible consequences. Nothing is really

happening, so I guess we are tuning this out. The climate change deniers (yes, still a few left) tell us we cannot be sure that "we" are the cause and had better not divert too many resources towards this or we will suffer the economic consequences. This oft repeated message is really nonsense, so we tune this out. Just the sound of a broken record. And we have a record broken. The year of 2012 was the hottest year on record. The record wasn't even close. In more than 100 years of record keeping, the average stayed within a range of 4 degrees Fahrenheit. 2012 was a full degree outside of that range. Along with the heat, we are experiencing another anomaly, a persisting drought. Is this news enough to peak some interest?

Our national priorities are many. Recent events and the seemingly endless election cycles have given us a sharp focus on a few serious problems. We just dodged a cliff but have a debt ceiling approaching. The need for something to be done to curb gun violence has risen to near the top. The much overdue fix for immigration reform stays high on the list. The Middle East, China, political appointments, congressional investigations are staying in the headlines. How much time is being spent on the needed discussion over greenhouse gas?

On this date, I heard news stories about how the Mississippi River is reaching record levels so low that barges cannot navigate, threatening a huge interruption of commerce. Grain prices globally are skyrocketing due to poor harvests caused by persistent unusual weather patterns. Australia is on fire as meteorologists tracked the country's hottest spring and summer on record into uncharted territory.

Not to sound all gloom and doom, we do have good news today. "US oil production will jump by a quarter by 2014 to its highest level in 26 years. This is mainly because of the discovery of vast reserves of shale oil." We are also still working on selling the concept of "clean" coal. It seems we are marching down a dead-end road. Even subsidies to promote renewable energy are in danger while we continue to subsidize carbon fuel producers. I am just not sure how putting our efforts into dredging more carbon that is stored safely under the earth to burn on the surface is going to help our future generations cope with the rapidly changing climate.

Clearly, most of our world leaders have not seen this issue as a priority, and the chance of a radical change in thinking is doubtful in the near future. Change will not happen soon enough unless we all demand it. Just a few squeaky wheels cannot accomplish much. We will just sound like a broken record.

Please check out: www.stopglobalwarming.org



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ArtiGras Art Education Fund

Purchase Sprouts Cards featuring the Artwork of Award-Winning Students!

Sprouts!, Inc., is once again playing an active role in the ArtiGras Fine Arts Festival by printing beautiful plantable seed paper note cards featuring the prize-winning artwork of local students.

"Every year we are thrilled to be involved in ArtiGras and especially proud of our work with the youth artists," says Sharon Quercioli, Sprouts owner and founder.

The company's note cards, featuring prize-winning student artwork, will be available for sale in the Sprouts booth, located in the Youth Art Gallery. A portion of the proceeds from each box of cards will go to support the ArtiGras Art Education Fund.

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

Sprouts products reflect the beauty and simplicity of a green message.

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Meet the Team...



SHARON QUERCIOLI

Co-Founder & President

Named 2011 Woman of the Year by the Northern Plam 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 ecofriendly products including greeting cards, bookmarks and unique marketing pieces that grow flowers when planted. In 2009, Sprouts was named Small Business of the Year by the Northern Palm Beach County Chamber of Commerce, and in 2010 the company received recognition by the U.S. Chamber of Commerce for being one of the leading small businesses in the country.



Co-Founder & 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 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."

GLENN SWIFT

SANDRA FRENS

Art Director



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 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."



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."

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."

TERESA VANDYK-MARSHALL

Contributing Columnist



ROBBY ANTONIO

Photographer















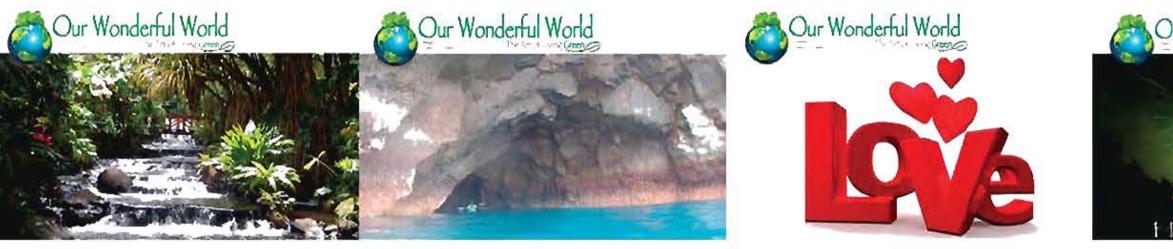
















Welcome To

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The Archive

