



# Our Wonderful World

March, 2013  
Volume 4 :: Number 3

## The Art of Living Green



# Mango Madness

## Mariner's Key Boater's Paradise

## Decoding Food Labels

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

Our Wonderful World





# Table of Contents

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

## Contributors and Advertisers

## Letter from the Publishers

## Cover Story

Boater's Paradise — Mariner's Key  
*by Glenn R. Swift*

## Feature Story

What's Art Got to Do With It?  
*by Sandra Frens*

## Green Goings

ArtiGras Draws 150,000!  
*by Glenn R. Swift*

## Health & Wellness

Pearls of Wisdom from the Green Goddess  
Luscious Lemon  
*by Sharon Quercioli*

Give Peas a Chance  
*by Sean Herbert*

## Eating Well

Mango Madness  
*by Sharon Quercioli*

Decoding Food Labels  
*by Caroline Martin*

## Going Green

TangleGreen Tips  
Saving Gas Means Saving Cash...and the Planet!  
*by Missy Strauss*

Ask the Energy Expert  
Swimming Pool Energy by Scott Ranck  
*by Scott Ranck*

## Arts & Entertainment

Time to Start Composting!  
*by Lucas Miller*

Clint Holmes  
Talent, Sophistication and Soul  
*by Glenn R. Swift*

## Nonprofit/Charity

Maybe There Is Enough to Go Around  
*by Richard Hawkins*

## Green Goodies

## Meet The Team



**Click Here for the Downloadable pdf!**



Our Wonderful World  
Volume 4 Number 3



## Contributors and Advertisers

**Evo Merchant Services**

**Florida Public Utilities**

**Got Sprouts?**

**Localecopia**

**Loggerhead Fitness**

**Lucas Miller**

**Mariner's Key**

**Northern Palm Beach County Chamber of Commerce**

**Nozzle Nolen**

**Our Greener World Radio**

**Robby Antonio Photography**

**RT Taxes**

**Sean Reed Consulting**

**Seaview Radio 95.9 FM**

**Sprouts!**

**TangibleGreen**

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

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

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

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

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

[www.lucasmiller.net](http://www.lucasmiller.net)

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

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

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

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

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

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

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

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

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

[www.tangiblegreen.net](http://www.tangiblegreen.net)



# Our Wonderful World

The Art of Living Green

### President & Co-Publisher

Sharon Quercioli

### Operations Manager

Kristin Purcell

### Editor in Chief & Co-Publisher

Glenn R. Swift

### Webmaster/IT Coordinator

Sean Reed

### Art Director

Sandra Frens

### Contributing Writers

Sandra Frens, Richard Hawkins,  
Sean Herbert, Caroline Martin,  
Lucas Miller, Sharon Quercioli,  
Scott Ranck, Missy Strauss and  
Glenn R. Swift

### Contributing Photographers

Robby Antonio, David Randell  
and Matt Shaw

Volume 4, Number 3. Our Wonderful World is published monthly by Our Wonderful World Media & Entertainment, Inc. 7713 Sandhill Ct. West Palm Beach, FL 33412. Register for complimentary subscription at [www.owwmedia.com](http://www.owwmedia.com). For general and advertising inquiries, contact Glenn R. Swift at (772) 323-6925 or [glenn@owwmedia.com](mailto:glenn@owwmedia.com).

Copyright 2013, Our Wonderful World Media & Entertainment, Inc. No part of this magazine may be reproduced for commercial or promotional purposes without the expressed written permission of Our Wonderful World Media & Entertainment, Inc. Neither the publishers nor the advertisers will be held responsible for any errors found in the magazine. The publishers accept no liability for the accuracy of statements made by advertisers. Advertisements in this publication are not intended as an offer where prohibited by state laws. Opinions expressed in this publication are the opinions of the individual writers themselves and are not necessarily the opinions of Our Wonderful World's management or ownership.





Welcome to the March, 2013 issue of **Our Wonderful World**, Florida's leading green digital magazine. Our cover story features a boater's paradise in every sense of the word—the beautiful Mariner's Key luxury apartment home complex in greater North Palm Beach. Nestled gently on 625 feet of Florida's magnificent Intracoastal Waterway, Mariner's Key now boasts a full service marina, in addition to offering a number of first class amenities. Water lovers, you may have just found your dream home!

Sandra Frens has written a powerful story, "What's Art Got to Do with It?" which highlights the importance of art and what you can do to support art education. And speaking of art, the 2013 ArtiGras Festival was a spectacular success, featuring over 300 artists and drawing a staggering 150,000 visitors this past President's Day Weekend! We're proud to showcase what has become one of South Florida's most popular annual events.

Our very own Green Goddess enlightens us to the many benefits of "Luscious Lemons" and "Mango Madness," while Sean Herbert encourages us in a John and Yoko kind of way to "Give Peas a Chance."

Caroline Martin sheds some light as to how we can become more prudent grocery shoppers in "Decoding Food Labels," and Scott Ranck of Florida Public Utilities offers some great advice for Florida hom-

eowners in "Swimming Pool Energy." Kudos, too, to Missy Strauss of TangibleGreen for some great Green Tips. This time Missy shows us several ways that we can get a few more miles to the gallon.

Our singing zoologist, Lucas Miller, gives us some easy-to-follow pointers about composting, while Richard Hawkins of Localecopia gives us cause for hope with regard to solving the problem of world hunger.

Of course, we've got a surprise or two as well. 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

FROM THE PUBLISHERS





# Cards that Grow Flowers



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

[Click Here to see all of Sprouts! Products](http://www.sproutem.com)

Greeting Cards  
Memorial Cards

Bookmarks  
Favors

Holiday Cards  
Custom Pieces

Phone: 561-840-8089

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

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







# Boater's Paradise... MARINER'S KEY

by Glenn R. Swift

**Luxury Apartment Home Complex in Greater North Palm Beach Opens Full Service Upscale Marina**

If you're a boat lover looking for the very finest in waterfront living on the Palm Beaches, the lifestyle you desire is now within reach.

## Welcome home to Mariner's Key!

Nestled gently on 625 feet of Florida's magnificent Intracoastal Waterway, just minutes from Worth Avenue and a host of magnificent beaches, restaurants and upscale shopping outlets, Mariner's Key is an exclusive, gated, boater's paradise in greater North Palm Beach.

Featuring distinct one and two-bedroom floor plans, each luxury apartment home is fully appointed with a designer kitchen, upgraded appliances, granite counter tops, designer flooring and a paved private patio or balcony.

COVER STORY





COVER STORY





Mariner's Key also features an amazing private, waterfront clubhouse equipped with a large screen TV, executive business center, complete fitness center, sauna, and an expansive summer kitchen. You will find all of this alongside the heated waterfront, resort-style pool and spa.

Nearby you will find the pristine Singer Island Beaches, as well as the all new Jack Nicklaus North Palm Beach Country Club & Golf Course. Downtown at the Gardens, the Gardens Mall and City Place are just moments away for all of your shopping and dining needs.

**So, why wait?  
Begin waking up to  
million dollar views at  
Mariner's Key,  
where every day is a  
vacation.**



# MARINER'S KEY Luxury Apartment Homes

**Mariner's Key luxury apartment homes feature an array of amenities, providing the very finest in luxury and comfort.**

- **Granite Countertops**
- **Stainless Steel Finishes\***
- **French Doors**
- **Covered Balcony or Patio**
- **Separate Showers and Tubs\***
- **Floor to Ceiling Windows**
- **Washer/Dryer in Each Home**
- **Vertical Blinds**
- **Walk-In Closet(s)**
- **Microwave**
- **Extended Paved Patio on Ground Floor**
- **Gourmet Kitchens with Upgraded Appliances**
- **Designer Cabinetry\***

**\*Select Units**

COVER STORY







# MARINER'S KEY Community Amenities

- **Luxury Community with Unsurpassed Intracoastal Views**
- **625 Feet of Direct Intracoastal Waterfront**
- **Gated Community with Covered Parking & Garages Available**
- **Private Upscale Marina**
- **Resort-Style Waterfront Clubhouse with Locker Rooms, Showers, Sauna and Flat-Screen TV**
- **Sparkling Heated Waterfront Swimming Pool with Spa and Sun Deck**
- **Lush Landscaping with Pathways Throughout Community**

COVER STORY





# COVER STORY





# MARINER'S KEY Community Amenities

- **Serene Tropical Courtyards and Gazebo**
- **Private Sandy Beach Areas**
- **24-Hour, State-of-the-Art Fitness Center**
- **Entertainment Room**
- **Resident Business Center**
- **Outdoor Summer Kitchen**
- **Poolside Summer Kitchen with Grills**
- **Fenced-In Waterfront Bark Park**
- **Pets Welcome\***

COVER STORY

  
**MARINER'S KEY**  
APARTMENTS ON THE INTRACOASTAL

To learn more about Mariner's Key,  
please call (888) 371-3323 or visit  
[www.marinerskey.com](http://www.marinerskey.com).





# Valentine's *May Be Over.*



(But There's No Better Time To Feel The Love)

*Why fall in love with a natural gas tankless water heater? Let us count the ways:*

- ♥ Endless hot water
- ♥ Up to 50% in monthly water heating energy-savings
- ♥ Appliance lifespan of 20+ years
- ♥ Continues to operate—even when the power goes out <sup>1</sup>
- ♥ Up to \$675 cash back!

<sup>1</sup> In the event of a power outage, a natural gas tank-style water heater continues to operate automatically while a tankless water heater requires a simple battery.

(And the list doesn't stop there..)

Treat yourself to a new natural gas water heater and get **up to a \$675 cash rebate** on your appliance purchase!

Plus, see how you can get the total package (and **up to \$1,750 cash back!**) when you include a new natural gas water heater, range, clothes dryer and furnace.

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

Reconnect an inactive gas service & receive an additional \$350\*\* mail-in rebate.

Rebates are subject to program terms and conditions. \* A water heater must have an Energy Factor (EF) of .63 or greater to qualify for a high-efficiency rebate. \*\* Service Reactivation rebate is available in Palm Beach, Broward, Volusia, Seminole, and Marion Counties only; also requires 24 months of inactivity and the purchase of a new natural gas water heater.

Spread the Love.  
Spread the Payments!

See how you can enjoy a new  
natural gas water heater for as  
low as \$10.99/month.



Call to schedule your  
**FREE Energy Check-up!**



Call FPU at **888.220.9356** or  
visit **NaturalGasLove.com** for  
more details!

STAY INFORMED:  





# WHAT'S ART GOT TO DO WITH IT?

by **Sandra Frens**

**Art—it can be defined as the expression or application of human creative skill and imagination.**

Oscar Wilde called art the most intense mode of individualism that the world has ever known. Art is also described as a diverse range of human activities and the products of those activities according to Wikipedia, which gives a nod to the postmodern ideology that anything and everything is art. Yet, the most common and disturbing thing that art can be called is threatened. The continuation of this age-old profession, which broadens our perspective, teaches us history, gives us a voice and enables us to breach cultural divides, has become truly endangered in American society.

What causes this threat you ask—the lack of art education in the public school system. Every year it becomes more of a challenge to allocate proper funding for our schools and as the funds diminish so do the arts programs. Too many people who are in charge of distributing these funds set the priorities to math and reading skills thinking art has little to contribute to education.

**The mindset is, “What’s art got to do with math, reading and the rest of the core curriculum?”**

**The answer is: PLENTY!**

Children who are involved with an art education have high test scores and grades across the board. Art touches upon all subjects and does much more than teach our youth about making pretty pictures.





*Surrounded Islands, by Christo & Jeanne-Claude*

## Art also teaches us the most important skill anyone could ever learn—critical thinking.

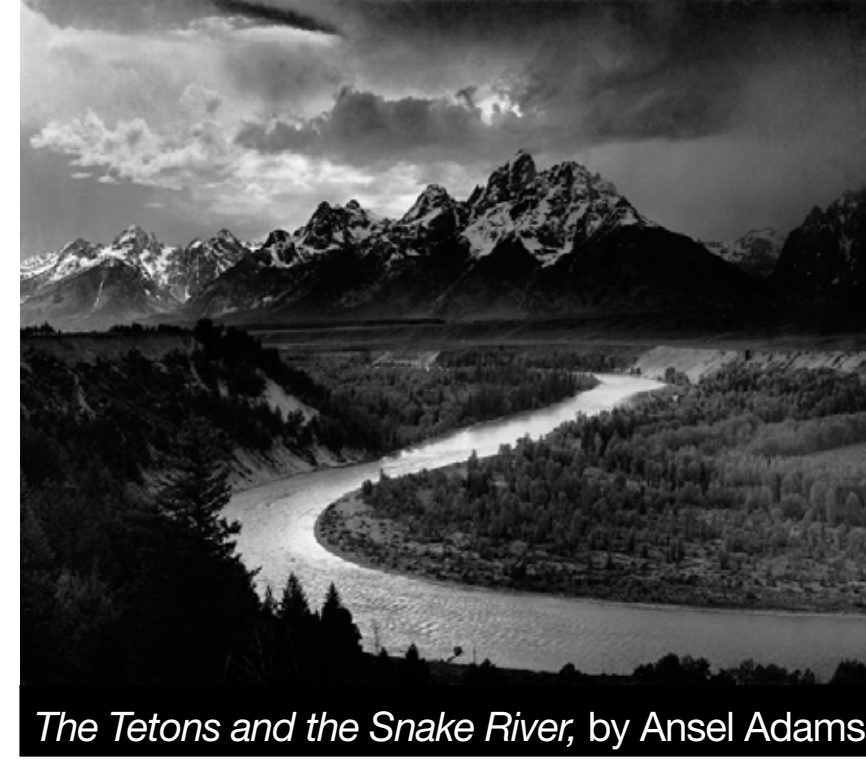
Art likes to challenge the viewer to discover its meaning and purpose. A piece of art is rarely exactly what it seems, and it falls upon the spectator to find out what is behind the surface. Sometimes the comments the artist is trying to make may be obstructed by the content itself, like the artists Christo and Jeanne-Claude's *Surrounded Islands*. The purpose was to intensify the viewer's awareness of space, but more than that the piece is a comment on the environment itself.

This is just the tip of the iceberg in terms of what art has to offer us. As you can see, an arts education is vital in providing our children with a well-rounded education. Although trying to sway school districts and allocating funds can be a rather lengthy process, there are still ways to help support the arts in our schools.

One thing you can do is to donate money toward funds that help support the arts in schools. The Northern Palm Beach County Chamber of Commerce has teamed up with Sprouts! to help raise funds for art education. Sprouts! creates plantable seed paper note cards for the art festivals ArtiGras and ArtFest, which feature artwork created by the school children of Palm Beach County. For every package of ArtiGras and ArtFest note cards that are sold, a portion of the proceeds is donated back to the art education fund for Palm Beach County schools. Please visit [www.sproutem.com](http://www.sproutem.com) to see these beautiful cards.

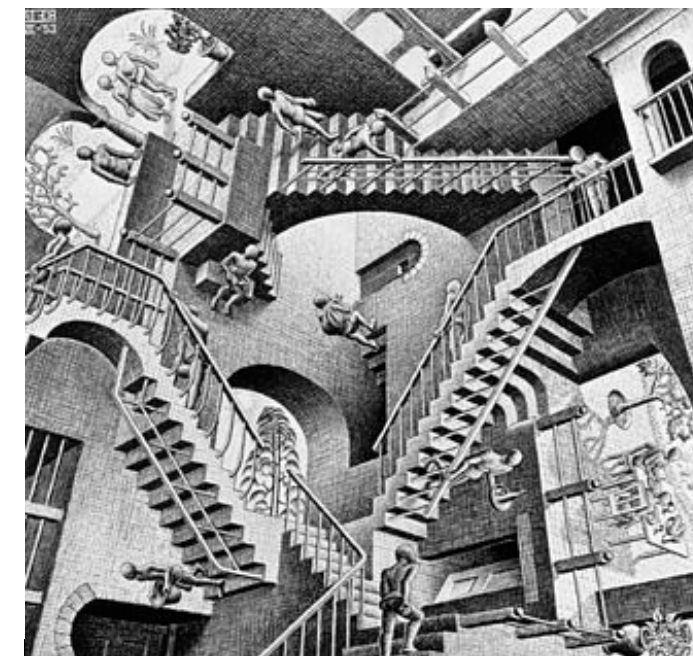
If you're a parent, there are several things that you can do to support your child's art education. One way is to take them to your local art gallery and go exploring your community looking for art. Not only with this teach your child about art, but create a bonding experience for you both. You can also keep art supplies handy and encourage your child to use their creativity. Going to the library can also assist in educating you child and yourself about art.

**If we are persistent, the arts can truly thrive in American Society. All we have to do is understand their true value to all of us.** 🌍



*The Tetons and the Snake River, by Ansel Adams*

**Science** is also a component of a comprehensive art education. Combining compounds to make a glaze to get a specific color/texture on pottery when it's fired in a kiln is all chemistry. Old fashioned "wet" photography is chemistry as well, blending chemicals and timing developing just right to develop the perfect negatives and photographs. Looking at Ansel Adams photographs you can tell that he was not only a master of his camera, but a master at manipulating the chemical processes of the darkroom as well.



*Relativity, by M. C. Escher*

**Art history** not only gives us a visual representation of society and cultures long past, but gives us insight to their governments and social upheavals as well. Art is directly affected by political climates and can tell us much more than the writings of the time. The art created during more extreme time periods can give another side to history, which is often lost due to fear and persecution. One such artist is Francisco Goya, a Spaniard artist during the Romantic Period, who created a number of works commenting upon Spain's ongoing civil conflict. Art history not only gives us a visual representation of society and cultures long past, but gives us incite to their governments and social upheavals as well. Art is directly affected by political climates and can tell us much more than the writings of the time. The art created during more extreme time periods can give another side to history, which is often lost due to fear and persecution. One such artist is Francisco Goya, a Spaniard artist during the Romantic Period, who created a number of works commenting upon Spain's ongoing civil conflict.



*The Fight at the Venta Nueva, by Francisco Goya*

**In terms of math,** art teaches about spatial recognition and how units of measure keep objects in proportion. Algebraic equations determine how objects are morphed and moved on a page or plane. If one looks at the work of artist M.C. Escher, the mathematical influence is abundantly clear.



# ARTIGRAS DRAWS 150,000! by Glenn R. Swift



© 2013 David R. Randell

Despite chilly, windy conditions, the 28th Annual ArtiGras Fine Arts Festival in Abacoa attracted more than 150,000 people during this past President's Day Weekend. What began back in 1986 as a humble affair on the driving range of the Northern Palm Beach Country Club featured more than 300 artists in 14 different categories, including ceramics, digital art, painting, photography and sculpture. This year's festival included a "relaxing zone" where people enjoyed delicious food and live music.

A Kid's Zone allowed children to get their faces painted and their hands dirty making art out of recycled materials. In addition, more than 200 local schools submitted youth art for competition and the winning school was given funding for the arts.

One of the most popular booths at ArtiGras belonged to Sprouts!, which commemorated the event by featuring the award-winning artwork created by school children of Palm Beach County on their beautiful plantable seed paper cards. Sprouts! graciously donates a portion of their sales proceeds from the event to the ArtiGras Art Education Fund, which supports arts programs in Palm Beach County schools. [For More information about these beautiful seed-infused cards, click here!](#)

To learn more about ArtiGras, please visit [www.artigras.org](http://www.artigras.org).

**ArtiGras**  
Fine Arts Festival

GREEN GOINGS





© 2013 David R. Randell



© 2013 David R. Randell



© 2013 David R. Randell



© 2013 David R. Randell

GREEN GOINGS



© 2013 David R. Randell



© 2013 David R. Randell



© 2013 David R. Randell





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

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

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

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

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





PEARLS OF WISDOM FROM  
THE GREEN GODDESS

# LUSCIOUS LEMON

by Sharon Quercioli



*Quote of the Month:*

**“Think for yourself. No one else is qualified.”** (Frank Vizarre)

**L**emon, the little yellow citrus fruit has several uses in our food, but it also has plenty of healthy purposes! Here are ten of the most important:

**Digestion:** Mix several cut lemons with water, basically a light lemonade, and drink it in the morning to help your digestion all day long. The lemon stimulates the liver, and this helps with digestion. (See below for Young Living Lemon Oil.)

**Nose bleeds:** This one stings a little bit, but lemon juice on a cotton swab or soft cloth when applied to a bleeding nose helps to slow and eventually stop the flow of blood.

**Diuretic:** If you suffer from a urinary tract infection or need to lessen the fluid in your body for any number of health reasons (such as high blood pressure, enlarged heart, etc.), lemon is a natural diuretic, helping you to shed unwanted water. Just be prepared to go to the bathroom more often!

**Antiseptic:** The acidic juice of lemons kills harmful bacteria, which makes lemons a natural antiseptic that you can apply to small cuts, inflamed area and other infections. Again, this one might sting a little. But don't use lemon for major infections or large cuts, not because the lemon would

be dangerous, but because you need real medical attention.

**Facial cleanser:** Lemon juice helps to fight wrinkles, acne, blackheads and even freckles. Apply the juice directly to your skin, then allow it to dry. Remove the juice with a little olive oil mixed with water. This will not only make your skin shiny, but will also remove dirt and grime.

**Mouth care:** Swab a little lemon juice on bleeding gums to stave off further blood. Lemon also helps to give your mouth a refreshing feeling, fights bacteria and can give you fresh breath. Also, when applied to tooth aches, lemon juice helps to dull the pain.

**Reducing fever:** There are two ways to use lemon when wanting to reduce a fever. You can drink a little lemon water, but an even better solution is to buy or make a lemon balm, then apply it to the body, mainly around the forehead. A lemon balm is a concentrated form of lemon, and it helps the body to perspire and sweat out fever, any kind of fever caused by any kind of illness.

**Blood pressure:** Because of the high levels of potassium in lemons, the fruit is good at

HEALTH & WELLNESS





helping to keep blood pressure lower. The potassium counter-acts sodium.

**Depression:** Drinking lemon juice mixed with water a few times a day is known to create a calming effect, relaxing the body, thus helping to lessen depression and stress.

**Antioxidant:** All that vitamin C in lemons does several wondrous things, including cleansing the blood and helping to build a stronger immune system. Various medical studies have shown that high use of vitamin C helps to combat many serious illnesses, from cancer to heart disease and more.



Now for my favorite part ... Young Living Lemon Essential Oil — Oh how I love it! I use one or two drops of lemon oil in my water that I prepare to drink all day. One drop is equivalent to approximately 25 squeezed lemons. It is a refreshing alkalizing drink that can help balance stomach acids. It is also great for washing all your

veggies, like spinach, romaine, kale, cucumbers, tomatoes, herbs and a whole lot more. Just add two drops of lemon in your sink or in a glass bowl full of water. Lemon cleans the food you eat killing bugs, fungi and bacteria. Goodbye e-coli!

So, the next time you go to the grocery store make sure to come home and rinse all your veggies and fruits in Young Living Lemon Essential Oil.

You will be healthier for doing it. 🌍

### Young Living – Florida

Sharon Quercioli  
Independent Distributor: 516264  
Phone: (561) 309-7276  
E-mail: [sharon@owwmedia.com](mailto:sharon@owwmedia.com)





All We Are Saying...

# GIVE PEAS A CHANCE!

by Sean Herbert

I always remember the dinner table as a child and my brother who hated any kind of vegetable arguing with my mother why he had to eat his peas. My mother's patented Norman Rockwell responses ranged from "Starving children in some far off country" to simply "Eat them, they're good for you." I always knew my mother was smart, but even she probably never knew how right she was! Peas (or more specifically pea sprouts) are called "The Perfect Food." Why? Pea sprouts are a complete protein, serving to build muscle tissue. Pea sprouts are also high in fiber and beta-carotene, which protects vision and creates an antioxidant effect against many forms of cancer. Pea sprouts help to



build muscle, strengthen teeth and stimulate H cells. They have even been shown to help eliminate plaque deposits on arterial walls.

(Serving Size 120 grams)

Calories	154
Protein	11g
Carbohydrates	34g
Magnesium	67.2mg
Potassium	457g
Phosphorus	196mg
Zinc	1.3mg
Calcium	43.2g
Sodium	24mg
Iron	2.7mg
Vitamin A	199 IU
Vitamin B1 (thiamin)	0.3mg
Vitamin B2 (Riboflavin)	0.2mg
Vitamin B6 (Cyanocobalamin)	3mg
Vitamin C (Ascorbic Acid)	12.5mg
Folate	173 mcg
Pantothenic Acid	1.2mg
Omega 3 Fatty Acids	73.2 mg
Omega 6 Fatty Acids	318mg

(Analysis available at [www.nutritiondata.com](http://www.nutritiondata.com))

So we know they are good for you, but how do you incorporate them in your diet? Start your day with a green drink and be creative.

**PEA GREEN DRINK:** 1 cup of pea sprouts, 1 cup of sunflower sprouts, 2 cucumbers, 1.5 stalks of celery, slice of ginger and an apple wedge. Juice all ingredients using a sprout

juicer or blender and chill. This green drink recipe should yield between 16 to 20 ounces of juice.

**PEA SALAD:** Incorporate pea sprouts in your salad of choice. Get them small and tender and chop to your heart's content. Pea sprouts will complement all of your dinner entrees as well. My favorite is 4 cups of sunflower, 1/2 cup of sprouted bean mix: adzuki, mung, garbanzo, red and green lentils, sliced pea sprouts on top and a mild vinaigrette dressing.

**PEALICIOUS SOUP:** Two 16oz packages of peas, 2 tablespoons of extra virgin olive oil, 1.5 cups of sliced shallots, 4 cups of vegetable broth, 3 tablespoons of fresh tarragon, stir in plain nonfat yogurt, add chopped fresh pea sprouts to your liking. You can also use a food processor to regulate texture and mix the sprouts in with the peas.

Knowing that you are incorporating nature's perfect recipe for health in your daily diet should provide you with plenty of...

**PEAS of MIND.** 



Sean Herbert | Got Sprouts?  
1880 West 10th St., Riviera Beach, FL 33404  
(561) 689-9464 | [www.gotsprouts.com](http://www.gotsprouts.com)



# In 2013



**LOVE YOURSELF**  
not your handles



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.

#### FEATURING:

- State-of-the-art Cardio & Weight Training Equipment
- Daily Classes, Including Group Cycle, Boxing, Yoga, Zumba, Silver Sneakers, Step Blast & More
- Onsite Personal Training Available
- Onsite Massage Available
- Clean, Updated Facility
- Friendly, Knowledgeable Staff

Click For Coupon:  
**50% OFF**  
Enrollment fee

Click For Coupon:  
**ONE WEEK**  
**FREE TRIAL**  
**MEMBERSHIP**

Click & Join Our eClub:  
**To Receive**  
**FREE**  
**Newsletter**

## ***Fitness for Boomer & Seniors!***



**561-625-3011**

**901 Donald Ross Road • Plaza La Mer • Juno Beach, FL 33408**

**www.LoggerheadFitness.com**





# MANGO MADNESS

## IT'S A GOOD THING

**Five Reasons You Should Be Eating Them**

by Sharon Quercioli

**M**ango is widely known as the “king of fruit” — and there is good reason for its veneration. Mango is regarded as a valuable item of diet and a household remedy. It is rich in amino acids, vitamin C and E, flavonoids, beta carotene, niacin, calcium, iron, magnesium and potassium.

About 6,000 years ago, the wild mango originated in the foothills of the Himalayas of India and Burma. Amazingly, about half of these trees still grow in India and Southeast Asia. Also known as *Mangifera Indica*, this exotic fruit belongs to the family of *Anacardiaceae*. Though native to Southern and Southeast Asia, the fruit is also grown in Central and South America, the Caribbean, Africa and the Arabian Peninsula. Today, there are over 1,000 different varieties of mangos throughout the world.

### Here are the five health and nutrition benefits for eating mangos:

**Anti-cancer:** The phenols in mangos, such as quercetin, isoquercitrin, astragaloside, fisetin, gallic acid and methylgallate, as well as the abundant enzymes, have cancer-preventing capacities. Mango is also high in a soluble dietary fiber known as pectin. Research identifies a strong link between eating lots of fiber and a lower risk of cancers of the gastrointestinal tract. A cup of sliced mangos (around 165 grams) contains 76% of the needed daily value of vitamin C, a potent antioxidant, which helps protect cells from free radical damage and reduces the risk of cancer.

**Eye health:** One cup of sliced mangos supplies 25% of the needed daily value of vitamin A, which promotes good eyesight. Eating mangos regularly prevents blindness, refractive errors, dryness of the eyes, softening of the cornea, itching and burning in the eyes.

**Helps in digestion:** Mangos contain digestive enzymes that help break down proteins and aid digestion. It is also valuable to combat acidity and poor digestion because of an enzyme found in the fruit that soothes the stomach. Due to the high amounts of fiber found in mango, it can be helpful in keeping you regular, thereby preventing constipation. In India, a decoction of the mango peel is given to people with inflammation of the stomach mucus membranes. Eating one or two small tender mangos in which the seed is not fully formed with salt and honey is found to be very effective medicine for diarrhea, morning sickness and indigestion.

**Benefits to skin:** Mango is effective in relieving clogged pores of the skin. What this means is that people who suffer from acne, which is caused by clogged pores, will benefit from mango. Just remove the mango pulp and apply it on your skin for about 10 minutes before washing it. Eating mango regularly makes the complexion fair and the skin soft and shining.

**Beneficial for anemia:** Mangos are beneficial for pregnant women and individuals suffering from anemia because of their iron content. Also, vitamin C in the mango enhances the absorption of iron vegetable food like rice. Many women





*Today, there are over 1,000 different varieties of mangos throughout the world.*

after menopause become weak and should eat mangos and other fruits rich in iron.

Remember, mangos can be eaten both raw and ripe. They are a wonderful source of vitamins and minerals essential for the human body. Make an effort to include mangos in your daily diet as this can benefit your health more than your usual non-fiber diet.

Speaking of great ways to include mango in your diet, make the most of the mahi mahi's great flavor by pairing it with a fruit salsa made from olive oil, mango, mango nectar, onion, cilantro and lemon peel.

### **Fish with Mango Salsa**

**Yield: Makes 6 to 8 servings**

#### **Ingredients**

- 2 tablespoons soy sauce
- 5 tablespoons lemon juice
- 2 cloves garlic, minced
- 2—2 ½ pounds skinned, boned mahi mahi fillets
- teaspoon olive oil
- onion (about 6 oz.), chopped
- ½ cup refrigerated or canned mango nectar
- ripe mango (about 1 lb.), peeled, pitted and coarsely chopped
- 3 tablespoons chopped fresh cilantro
- teaspoon finely shredded lemon peel

#### **Preparation**

1. Mix soy sauce, 2 tablespoons lemon juice and half the garlic.
2. Cut fish into 6 or 8 equal pieces, then rinse and pat dry. Rub soy mixture all over fish. If making ahead, cover and chill up to 30 minutes.
3. In an 8- to 10-inch frying pan over high heat, combine oil, onion and remaining garlic. Stir until onion begins to get limp, about 2 minutes. Add mango nectar and 3 tablespoons lemon juice; stir until boiling.
4. Remove onion mixture from heat. Stir in mango, cilantro, and lemon peel. Use hot or cool.
5. Arrange fish pieces, side by side, in a wire grilling basket. Close basket and lay it on a barbecue grill over a solid bed of hot coals or high heat on a gas grill. (You can hold your hand at grill level only 2 to 3 seconds.) Close lid on a gas grill.
6. Cook fish, turning once, until it is barely opaque and still moist-looking in thickest part (cut to test), 8 to 10 minutes total.
7. Serve with salsa and lemon juice.

#### **Kitchen Notes**

A hinged wire grilling basket makes the fish easier to handle. Otherwise, cook fish on a lightly oiled grill. 🌍



# DECODING FOOD LABELS

**You see them at the stores, but what do they mean?**

*by Caroline Martin*



I've heard that the basics of what you need in your kitchen can be found in the items all along the walls in a grocery store: produce, meats, dairy and bread. However, in these times of convenience with which we live, it's unlikely for many to stick to the perimeter of the store.

When I walk into a grocery store I often think "Wow, what would it be like if each town still had its own little food market, a local dairy and most people

just made their own bread?" Instead, we can buy everything neatly packaged and ready to eat, but wait! Is it really that simple?

I was buying a whole chicken from the grocery store the other day to make for dinner later in the week, and there were at least four different brands from which to choose. Some said "free range" or "hormone free," and the one I bought was labeled "all natural" in large letters right across the middle

of the package. All natural? Well of course it's all natural — it's obviously not a bionic chicken. "All natural" seems like a wonderful thing to be putting on food packaging, especially when we're constantly seeing articles about how artificial flavors and dyes in food are bad for your health, but what does it really mean? In fact, what do all those labels out there mean?

Here is a quick guide to help you decode some of the more commonly used labels on your food:

**Organic:** Organic food is produced by farmers who use renewable resources and focus upon soil and water conservation. Foods labeled as "100% organic" are single ingredient foods; "organic" is on multiple ingredient foods, and it means 95% to 100% of the ingredients are organic (excluding salt and water). "Made with organic ingredients" means at least 70% of the ingredients are organic.

On organic meat, eggs and dairy, the animals were not given growth hormones or antibiotics and, on produce, the vegetables or fruits were grown without the use of most conventional pesticides and fertilizers containing synthetic ingredients or sewage sludge. Bioengineering and ionizing radiation were also not used on these foods.

The term "organic" is regulated and protected by the United States Department of Agriculture (USDA) and it is not used interchangeably with terms such as "natural," "free range" or "hormone free."

**100% All Natural:** When foods are labeled as "natural," "free range" or "hormone/antibiotic free," these terms do not mean "organic." The

USDA has published definitions for these terms, but they do not often meet the strict requirements and procedures used to certify something as "organic."

According to the USDA, food can be labeled as "natural" when it contains no artificial colors or added colors and is minimally processed. Natural does not mean the foods are free of artificial hormones and/or genetically modified organisms. A food labeled "natural" must also explain the claim, that is "no artificial colors or added ingredients."

There are several other terms that are often seen on food labels, such as:

**Free range:** This term may be used if the producers can demonstrate that poultry were allowed access to the outside.

**Hormone free:** This claim may be used on the label of beef if sufficient documentations is provided by the producers that the animals were not raised with the use of hormones. Hormones are not allowed in pork and poultry and the claim cannot be used on the labels.

**Antibiotic free:** This claim may be used if sufficient documentation is provided that the animals were raised without the use of antibiotics. 🌍

*Hopefully, we've helped to decode much of the mystery of those ominous looking food labels. Of course, there's still much more to learn. For more information, check out the USDA Food Safety and Inspection website at [www.fsis.usda.gov](http://www.fsis.usda.gov).*



# TangibleGreen—Green Tips

by Missy Strauss

## Saving Gas Means Saving Cash...and the Planet!

Driving our cars and other fuel based transportation accounts for over 28% of all end-use energy in the US and 69% of the total petroleum consumed in the U.S. For that reason alone, we should all do our part to drive as little as possible and demand higher fuel standards for our vehicles. If reducing the amount of carbon emissions that your driving activities are contributing to the atmosphere isn't enough motivation, then perhaps paying \$4+ per gallon of gas is a good enough reason to tweak your driving habits to optimize your vehicle's fuel efficiency. According to the wonderful resource website for finding the cheap gas in your area, [www.GasBuddy.com](http://www.GasBuddy.com), the

### Top 5 tips for saving fuel are:

1. **Avoid High Speeds:** As your speed increases, your aerodynamic drag increases in an exponential fashion. Driving 62 mph (100 km/h) vs 75 mph (120 km/h) will reduce fuel consumption by about 15%.
2. **Do Not Accelerate or Brake Hard:** By anticipating the traffic and applying slow steady acceleration and braking, fuel economy may increase by as much as 20%.
3. **Keep Tires Properly Inflated:** Keep tire air pressure at the level recommended by your vehicle manufacturer. A single tire under inflated by 2 PSI, increases fuel consumption by 1%.

4. **Use A/C Sparingly:** When the air conditioner is on it puts extra load on the engine forcing more fuel to be used (by about 20%).
5. **Keep Windows Closed:** Windows open, especially at highway speeds, increase drag and result in decreased fuel economy of up to 10%.

Other smart fuel saving opportunities are to service your vehicle regularly, use cruise control, avoid heavy loads, avoid long idle and, of course, purchase a hybrid, an electric or fuel efficient vehicle. Ten simple ways to get as much bang for your buck at the pump, and that's it for this month's TangibleGreen Tip. 🌍

GOING GREEN



Auto Show of the Palm Beaches  
March 2nd and 3rd



Sponsored by "Tune In to a Better Life"





# Ask The Energy Expert “Swimming Pool Energy” by Scott Ranck

Swimming pools offer several opportunities to either conserve energy or improve efficiency. Here are a few...

All pools have filter pumps. They range in size and are measured by horsepower. Larger pools or pools with a spa the pump will be over 1 horsepower. A pump is supposed to be sized according to the gallons of water in your pool. If sized properly, pump manufacturers state the pump will move the entire pool's water in an eight-hour period. Like most other energy issues, you cannot follow what is recommended for northern climates. If you run your pump less than this in the warmer time of the year, you will have issues. You may bump it back in the winter to five to six hours.


This past year a change in the pool pump world came about. The 2008 Florida Energy Bill (House Bill 7135) that requires that all new residential pool filter pumps and motors rated at 1 horsepower and greater sold in Florida after July 1, 2011 must be capable of operating at two or more speeds. These pumps will operate more efficiently, but will have a higher initial cost.

The next major consideration is pool heat. Our company is involved in natural gas, propane, electric and solar. So, I will discuss this in as unbiased a manner as possible.

In pool heating, one type of pool heat does not fit all. The type(s) of pool heat you use will depend largely upon your usage. The considerations are: 1) Are you heating the pool all year or everyday throughout the winter? 2) Are you going to heat it for a few special occasions? 3) Do you have a spa connected to your pool? 4) If not heating your pool and spa daily, do you want to have to put it on the calendar to use the spa or on a whim have it hot in 30 minutes?

If you want to heat your pool daily, don't have a spa, are comfortable with low 80° water temperatures and have proper exposure, I would recommend solar. If you have the same scenario and no solar exposure, I would use an electric heat pump. If you are heating your pool in winter months and want temperatures in the mid to upper 80s, you will need to go with a gas pool heater. If you are heating your pool on a few special occasions,

I would suggest a gas pool heater. An efficiency saving with gas heaters would be to either purchase a gas spa heater (generally 250,000 BTUH) or set your heater on the spa setting. You can heat a standard pool with a gas spa heater easily in one day verses multiple days with the solar or electric option. If you are interested in heating your pool daily and have a spa, you will need to do a combination. My first preference would be solar with gas for the spa and as a booster during the coldest times. My second preference would be a heat pump with gas for the spa and booster also.

Finally, if you are heating your pool daily no matter what the heat source, covering your pool with a thermal covering will reduce your costs as much as 50%. The surface area of your pool allows massive heat transfer through radiation and evaporation. 

*Scott Ranck is the Conservation Program Coordinator & Energy Specialist for Florida Public Utilities. Feel free to e-mail any energy-related questions or comments to Scott at [sranck@fpuc.com](mailto:sranck@fpuc.com).*



# Protection You Can Count On

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



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





# Time to Start Composting! What can you compost?

by Lucas Miller

So you're recycling your bottles, cans & paper, right? Hopefully, that's a given. How about composting?

My wife and I have been composting off and on for over a decade now, so I thought I'd provide some thoughts on our experiences. I'm no expert, though, so by all means feel free to contribute your own comments and tips if you have some.

In case you don't know already, composting is just taking organic material—we generally restrict it to plant-based stuff—and allowing it to decompose somewhere on your property. In my subtropical neck of the woods, it takes about six months for it to break down to the point that there are no “recognizable bits,” but it can take less time if you turn it frequently or more time if you're in a cold climate. When you're



Grass clippings, orange peels, coffee grounds, vegan meals gone wrong, the stinky-slimy spinach you forgot you had and much more. We throw our eggshells in, too, but avocado pits don't seem to break down well, and you'll have a lot of fruit flies if you throw in a bunch of banana peels.

We keep a stainless steel, lidded container on the counter and take it out when we're doing the dishes each night. Since we adamantly avoid meats and milk products, we have no problems with flies or odors even though it's about 10-15 feet from the back door.

Why would you compost? First, a huge amount of yard waste unnecessarily ends up in landfills. I don't bag my grass clippings, and my city offers curbside leaf pickup, but even with just the food waste it's amazing how much composting keeps us from throwing away.

Second, it will make your yard and/or garden plants do a little happy dance. We used a huge amount of compost on our wildlife garden last year, and I'm proud to say that it has grown like crazy this year.

We took the low-budget approach with our first attempts at composting. You know, the big bin made of chicken wire and

wooden stakes. That held a LOT of stuff, but you're supposed to turn it every so often (I shoot for once a month), and it proved to be (to put it gracefully) arduous.

Happily, we now use the compost tumbler seen here:

<http://www.cleanairgardening.com/tumcombincom.html>.

I've never ordered from this company, but it does have a nice video tutorial. They show it spinning freely, but when loaded with 100 pounds of rotting scraps it will take a bit more effort.

My next big project is to start a vegetable garden this year, and my currently-decomposing herbaceous material is ear-marked for that. Talk about completing the cycle!

## Consider giving composting a try.

There are ways to get started that range from free to \$500. Choose one that's right for you, and take the next step in recycling. 🌍

*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](http://www.lucasmiller.net).*





# Clint Holmes *Talent, Sophistication and Soul*

by Glenn R. Swift

Best known for his silky vocal stylings, Clint Holmes has also honed his many other talents, which include dancing and a warm comedic touch. Perhaps Holmes picked up that comedy know-how from the ever-popular Bill Cosby, with whom he shared a stage.

"I learned a lot from Don (Rickles) and Bill, who were both very generous with me when I opened for them," said Holmes. They never held me back or limited my time on stage. I particularly learned a jazz comedian riffing style from the two of them."

Holmes comes by his tremendous talent naturally. His father is an African-American jazz musician, and his mother is a classically trained opera singer from Great Britain. He readily admits it was the best of two musical worlds.

"My mom taught me how to sing correctly, and my dad taught me how to enjoy it."

Casual elegance describes Holmes' presence on stage. He has a magical way of filling a room with a warm, comfortable sound. His musical selections range from contemporary to classic, with jazz and opera thrown into the mix. In addition, he has an energy and passion for life and performing that are infectious.

Holmes exudes pure joy when he sings.

Having spent more than twenty years performing, Holmes has served as Joan Rivers' sidekick and announcer on The Late Show, as the musical feature and event correspondent for Entertainment Tonight,

and as the host of his own Emmy Award-winning talk/variety show. Holmes freely admits, though, that he loves nothing more than performing before a live audience. He released a DVD of his live performance at the Clint Holmes Theatre at Harrah's, which debuted nationwide via IN DEMAND on July 7, 2001. Five years later, his PBS special featuring his Las Vegas act was aired nationwide. PBS filmed three acts in Las Vegas for airing recently and along with Barry Manilow and Andrea Boccelli, Holmes found himself in great company.

Since moving to Las Vegas, Holmes has quickly become a favorite in the Las Vegas community, as well as a major star in the entertainment arena. He was selected as "Best Singer" two years in a row; "Best All-Around Las Vegas Performer" and "Favorite Male Las Vegas" by the Las Vegas Review Journal.

Recently, Holmes performed as the guest artist for The Palm Beach Pops in which he performed some of the timeless classics of Billy Joel, Elton John, Paul Simon, James Taylor and more. Holmes' rendition was spectacular, and he received a chorus of "bravos" and several standing ovations. 🌍



Sharon Quercioli and Glenn R. Swift with Clint Holmes

[Click here to listen to his interview on Our Greener World Radio!](#)





# *Seaview* 95.9FM

Frank Sinatra Four Seasons

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?







*“Tune In to a Better Life”*

# 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](http://www.owwmedia.com)) and Tangible Green, Inc. ([www.tangiblegreen.net](http://www.tangiblegreen.net)) have announced the launch of Our Greener World, ([www.ogwradio.com](http://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](http://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.



[missy@ogwradio.com](mailto: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](http://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](http://www.sproutem.com)) a cutting-edge, 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](mailto:sharon@ogwradio.com)

### **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](http://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](mailto:glenn@ogwradio.com)

*Who said MSG is a bad thing?*

*Check out our website [www.ogwradio.com](http://www.ogwradio.com) to learn more!*



# Maybe There Is Enough to Go Around

by Richard Hawkins



Global population has exceeded 7 billion. Estimates now show that nearly one in seven of us do not know where our next meal is coming from. Has our planet lost its capacity to produce enough food for our human population? The facts show that is not the case.

There are many factors leading to hunger. The leading cause is poverty and unequal income distribution. Another factor is conflict that creates refugees who lack available food. Climate change with rapidly changing weather patterns is starting to affect large-scale food production, but this will be more of a concern in the near future.


The fact is we do produce enough food to feed everyone. It just does not end up where it is needed. We throw away 1.3 billion tons of food each year. Nearly one-third of all the food produced gets wasted. If just 25% percent of the wasted food was saved and distributed, it would feed the world's hungry. Where is the wasted food going? Most of it ends up in the landfill. Instead of providing nutrition for those who are hungry, it is creating methane emissions contributing to global warming.

Numerous factors lead to this tremendous loss of food. In developing countries, improper storage and production techniques lead to much of the loss. Most of our food waste comes from developed nations, with the Americas (mostly the US) and Europe generating the largest quantities.

We lose nearly half of all vegetables and fruits since they are perishable. Nearly all of what ends up on store shelves are the "perfect" items. Those that are misshapen or blemished, while perfectly edible, are discarded. We also throw away nearly one-third of our

seafood and cereals and one-fifth of all meat and dairy. Here in the U.S., about 40% of the food produced goes uneaten, yet only 10% of edible food is recovered.

Our industrialized food system produces a lot of food, but lacks efficiency and is wasteful. Commercial food production runs on petroleum and uses more energy than the food energy it produces. This results in excess water usage, soil degradation, deforestation, depletion of natural resources and pollution of our water and air. Our not-for-profit company Localecopia has a mission to create a more sustainable food system with local food production and consumption. Can this be an answer to solving the problem of hungry people and food waste? It could be one step of the many needed to tackle this issue. What it certainly can do is help save resources and maybe make more resources available to find solutions.

What we have is a solvable problem. We have hungry people and wasted food. Now what we need are the entrepreneurs to step up and work on connecting the dots. Are you looking for a worthy challenge? How about this one! 

*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 foot-*

*print by supporting local product consumption, helping operations better utilize waste and bringing together individuals to help achieve sustainable business practices. For information about Localecopia, please visit [www.localecopia.org](http://www.localecopia.org).*



NONPROFIT / CHARITY





MERCHANT SERVICES  
Platinum Services Group

# EXPERIENCE STABILITY STRENGTH

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

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

START PROCESSING  
WITH US  
**TODAY!**

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



# Looking For...



Qualified Salespeople  
for



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

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



# ***Why Give the IRS More Money Than You Have To? Come See the Experts at RT Taxes***



## ***Tax Preparation & Accounting Services***

- Tax Preparation for Individuals & Corporations
- Tax Planning & Consulting
- Full Payroll Processing & Payroll Tax Preparation
- New Business & Corporate Setup
- Certified QuickBooks Pro Advisors
- Virtual Bookkeeping Services & Support
- Installation & Support of QuickBooks
- e-File (Electronic Filing)
- Fraud Investigation & Forensic Detail Analysis

*15765 91st Terrace North - Jupiter, FL 33478  
(561) 203-2352 • (561) 203-2356 FAX  
E-mail: [Rich@rttaxes.com](mailto:Rich@rttaxes.com) or [info@rttaxes.com](mailto:info@rttaxes.com)*







## Plantable Promotions for

# Earth Day

GREEN GOODIES



Want a fun favor or card to help green the planet for your Earth Day celebration? Make your Earth Day event Greener with Sprouts! plantable seed paper Earth Day Cards and Favors.

Sprouts! has all the eco-friendly, plantable seed paper items that you need to help spread your environmental message! Choose from any of our green plantable designs or send us your own image for custom, seed-infused cards and plantable favors. Sprouts! plantable seed paper is handmade from 100% recycled materials and contains top quality flower seeds.

When the seed embedded paper is planted, it naturally biodegrades and blooms into beautiful wildflowers.

Need something tailored to your specific green event? Sprouts! can customize any of our plantable seed paper products or create something new just for you! Please visit us at [www.sproutem.com/category/Earth-Day-Going-Green](http://www.sproutem.com/category/Earth-Day-Going-Green) to see all of our Earth Day promotional pieces or e-mail us at [info@sproutem.com](mailto:info@sproutem.com) for more information.





# Meet the Team...



## SHARON QUERCIOLI

Co-Founder & President

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



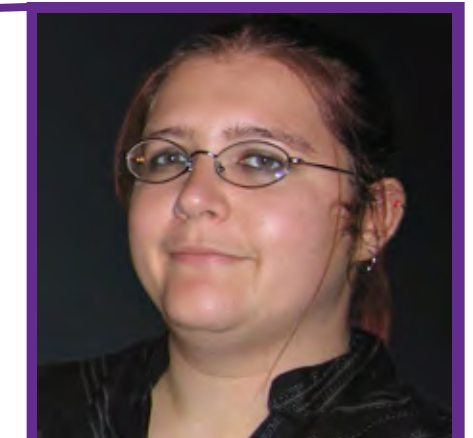
## GLENN SWIFT

Co-Founder & Editor-in-Chief

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

## SANDRA FRENS

Art Director



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

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



# Meet the Team...



## SEAN REED

Webmaster / IT Coordinator

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

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

## TERESA VANDYK-MARSHALL

Contributing Columnist



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

## ROBBY ANTONIO

Photographer



Robby is a native South Floridian who holds two bachelor degrees in Management Information Systems and Marketing. His background in photography started at an early age shooting with the inspiration from his family and friends. Under the tutelage of a great teacher in high school and some extremely talented friends, he has honed his craft to capture life through a viewfinder. Robby continues to pursue his passion as a freelance photographer shooting with friends, travelling, and as an active member of the Freelance Photography Studio in West Palm Beach. He views each shoot as a new challenge, never knowing what he can expect when he gets there. So far with Our Wonderful World he's shot in 9° temperatures for ICE! at the Gaylord Palms Hotel in Orlando and in the rain at the Worth Avenue Christmas Tree Lighting Ceremony.

"Photography is an adventure, and you can never be afraid to do what it takes to get the shot."

## KRISTIN PURCELL

Operations Manager



Kristin is a native Northern Ohioan with over 15 years in operations as a Client Services Manager. The majority of her managerial experience has been with the insurance industry where today she is still a licensed insurance agent in Ohio. "I am thrilled to have the opportunity to work with a state-of-the-art digital magazine focusing upon the Art of Living Green!"

Kristin is no stranger to green initiatives as she worked vigorously with two insurance agencies helping them transition to a paperless environment. "It is really important to me to recycle and do as much as possible to save our precious planet. I have two young children and teach them every day the importance of living green for their future and the future of their children."





# Our Wonderful World

February, 2013  
Volume 4 :: Number 2

The Art of Living *Green*



# Our Wonderful World

January, 2013  
Volume 4 :: Number 1

The Art of Living *Green*



# Our Wonderful World

December, 2012  
Volume 3 :: Number 12

The Art of Living *Green*



# Our Wonderful World

November, 2012  
Volume 3 :: Number 11

The Art of Living *Green*



# Our Wonderful World

October, 2012  
Volume 3 :: Number 10

The Art of Living *Green*



# Our Wonderful World

September, 2012  
Volume 3 :: Number 9

The Art of Living *Green*











Welcome To



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



# The Archive

