



Our Wonderful World

April, 2013
Volume 4 :: Number 4

The Art of Living Green

Make Every Day
an Earth Day

"5" Best
Houseplants

Juicetrition

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Our Wonderful World



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Welcome to the April, 2013 issue of **Our Wonderful World**, Florida's leading green digital magazine. Our cover story, "Make Every Day an Earth Day," shows you a number of ways to preserve our beautiful and fragile planet. Kudos to Sandra Frens for staying with this very important theme in "What Does Earth Day Mean to You?"

We've covered several events in our Green Goings section this month: the upcoming charitable "Stop the Tears" golf tournament to be held June 1 at Mariner Sands Country Club in Stuart; 25th Annual Juno Beach Art Fest; 25th Annual Northwood University Auto Show of the Palm Beaches and the 2nd Annual Country Club Chef Showdown at Admiral's Cove in Jupiter.

The Green Goddess enlightens us to the many benefits of "The Spectacular Strawberry" in Eating Well as well as cautioning us to the dangers of "Spring Thaw and Toxic Mold" in Pearls of Wisdom.

Sean Herbert educates us as to why we should all be practicing "Juicetritition," ("Juicing for the Health of It"), while Richard Hawkins points out just how important snakes are to our eco-system.

Scott Ranck of Florida Public Utilities gives us the very latest with regard to how several companies in the Sunshine State are saving dollars and the planet with

alternative energy vehicles, and Missy Strauss of TangibleGreen tells us what are the best plants to have in our home.

Last, but definitely not least, our singing zoologist, Lucas Miller, explains why flowers truly are one of Mother Nature's most wondrous miracles.

Of course, we've got a whole lot more, too. So, start clickin' and enjoy the latest issue of **Our Wonderful World**.

Sincerely,



Sharon

Sharon Quercioli,
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FROM THE PUBLISHERS



Make Every Day an EARTH DAY

Courtesy of TD Bank

On April 22, millions of people in more than 170 countries will be planting trees, cleaning up neighborhoods and doing their part for the environment. Earth Day, as it's been widely known now for more than 40 years, will galvanize Americans to volunteer for one of the thousands of environmental events being planned by non-profit organizations around the country.

"Earth Day really gets people energized to volunteer as much as possible," says Jacquelynn Henke, a real estate green strategy officer at TD Bank. "Unfortunately, volunteer events begin to die down after April, reducing the opportunities people have to do something positive for the environment on a consistent basis."

Many people don't know there are simple, daily actions they can take to make every day an Earth Day. Here are a few tips that anyone can use to do their part for the environment every day of the year:

Bring on the warmer months.

Now that warmer weather is approaching, consider commuting to work or running errands on your bicycle. Also, studies have found that people don't get as much Vitamin D during the winter months, and taking bike rides in the spring and summer can help replenish the body with this important vitamin while getting a good exercise.

"Taking a bike instead of a vehicle is one of the best ways to do your part for the environment," says Henke. "Cars are a huge producer of carbon dioxide, so the more cars we get off the roads the better."

Find out if some of your favorite retailers have installed bike racks at their stores. If they have, running errands to these locations on your bike will give you peace of mind knowing that you'll have a convenient place to park it. Henke noted that TD Bank has installed bike racks at some



racks at some of its branches that have achieved or are targeting LEED certification.

Spring planting.

Rising temperatures means it's a great time to plant. While planting is great for the environment, keep in mind that heavy water use is not. Talk to your local garden store, and ask about local plant species that don't require lots of watering. Native plants tend to do fine with the water that's naturally supplied by rain.

"We've noticed the benefit of using native plants and shrubs at TD Banks," says Henke. "These plants have helped us reduce our water use and conserve water. That's a plus for us and for the environment."

Make your own compost.

Do you know you can make rich soil for planting at home? When you peel your fruits and vegetables, don't throw away the remains; you can use these and other trash particles to start a compost pile. Over time, composting can create rich soil for all your planting needs.

Use rainwater.


If you do have to water plants, consider installing a rain barrel that easily connects to your downspout. When you're ready to water your non-native plants, you'll be able to use rainwater instead of turning on the sprinkler system. This conserves water, which is good for the environment and your wallet.

Buy local.

As we get ready for the return of warmer weather, consider buying produce at your local farmer's market. This way, you're helping the local economy, and you're helping to get trucks off the roads that carry fruits and veggies from far away.

Go paperless. The next time you receive a bill or statement by mail, take a moment to see if you could convert it to paperless. Doing so will help reduce your paperwork, save trees and save emissions associated with printing and mailing. Some companies even offer discounts for their services by going paperless.

"At TD Bank, we encourage all our customers and employees to use less paper," says Henke. "We also offer our customers a \$1 discount on checking maintenance fees if they choose to receive web-based monthly statements."

Maintaining a clean and healthy environment is too important an issue for just one day. There is something everyone can do on daily basis to make every day an Earth Day. 

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Stop The Tears

JRC Consulting Group Hosts Charity Golf Tournament to Benefit United for Families and Help Break the Cycle of Child Abuse

by Glenn R. Swift

John Carr, President and Founder of JRC Consulting Group (www.jrcconsultinggroup.com), has always believed in giving back. He also loves to golf. So, last year he decided to put the two together.

“Although I had only been golfing for two years, I had golfed in a number of tournaments and knew several business people who wanted to sponsor golf tournaments, but could not afford it. So, the whole thing started out as an affordable golf tournament. At the same time, I was in a networking group with Christina Kaiser with United for Families www.uff.us and asked her if I did a golf tournament would her organization like to receive the proceeds. She checked with her board and got the ok.”

Pictured left to right: John Carr, Bonnie Edson, Pete Lashenka, Jessica VanValkenburgh, Katie Treadwell and Rebecca Beckett

GREEN GOINGS

As for the cause, Carr is passionate about the organization he supports.

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

As for this year’s tourney, Carr has four specific goals. “We want to create awareness of United for Families; gain exposure for our sponsors; provide a great time for all of our golfers at an affordable price; and raise substantial funds for UFF and its Stop the Tears program. Last year we raised just over \$4000; this year we hope to raise \$8,000. It’s a big goal, but I’m confident the community will reach out and support our great cause.”

Carr is very proud of the support he’s received from local sponsors.

“All of our sponsors are based in Palm Beach, Martin or St. Lucie County. Our Presenting Sponsor is Crown Car Care



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for the second year in a row. Todd and Tamara Harris, owners of Crown Car Care, are two of the most generous people you could ever meet. Their character is also reflected in the way they run their business. They make sure your vehicle is fixed properly and at a fair price.”

As far as aesthetics go, Carr is confident they’ve chosen the right venue.

“Mariner Sands is a beautiful golf course, and we are thrilled to have this year’s tournament there.”

Carr is also excited about what his tournament has to offer.

“In addition to prizes for closest to the pin, longest drive and a putting contest, four golfers will have a chance at winning \$100,000 and one lucky person will win a 3 day/2 night vacation getaway—all for just \$85 per person or \$300 per foursome.”

As for what motivates him to put in the long hours necessary to make a successful tournament, Carr summed that up in but a few words.

“Ultimately, I want to give back to a great cause, have fun and give the average business person an opportunity to play and sponsor.” 🌍



Information about The Golf Tournament

Where:

Mariner Sands
Country Club
6500 SE Mariner Sands Dr.
Stuart, FL 34997

When:

Saturday, June 1

Time:

7:30am

**CLICK HERE
TO REGISTER NOW!**

Cost:

\$80 Player Registration

\$300 Team Registration
(Four Players)



GREEN GOINGS

JRC Consulting Group Hosts Charity Golf Tournament Benefitting United for Families to “STOP THE TEARS”

The \$100,000 Shoot-Out is Back!

You could be 1 of 4 golfers who will have the chance at winning \$100,000! Hole-in-One Contests, Closest to the Pin, Longest Drive, Putting Contest and one lucky person will win a 3 Day/2 Night Vacation Getaway!

Saturday, June 1 @ 7:30am

Click here to register!

- \$85 Player Registration
- \$300 Team Registration (Four Players)

Place

Mariner Sands Country Club
6500 SE Mariner Sands Dr.
Stuart, FL 34997

Event Schedule

- 7:30am: Registration Begins
- 8:30am: Continental Breakfast & Networking Opportunities Contests and Start!
- Post Tournament: Lunch, Silent Auction and Awards Presentation



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Hospice of Palm Beach County Foundation Hosts 2nd Annual Country Club Chef Showdown A Battle of the Best Country Club Chefs in North Palm!

by Glenn R. Swift



'COUNTRY CLUB CHEF SHOWDOWN' EVENT TO BENEFIT HOSPICE OF PALM BEACH COUNTY FOUNDATION

The Club at Admiral's Cove in Jupiter heated up big time as the leading chefs of southern Palm Beach County went "knife-to-knife" in the 2nd Annual Country Club Chef Showdown from 7pm-10pm on Wednesday, February 27, 2013. Each chef created a signature dish using the same main ingredient as a panel of celebrity judges determined the winner. Guests sampled each of the chef's creations, sipped savory cocktails and swayed to cool jazz while bidding on wonderful silent auction prizes throughout the evening.

Tod Feit of Admirals Cove edged out an acclaimed group of participating culinary masters that included Bernd Lisenmayer, Frenchman's Creek Beach & Country Club; Jerome Nicolas, Ibis Golf & Country Club; and Michael Crain, The Country Club at Mirasol. The esteemed panel of experts judging their creations were Chef Norman Van Aiken, Director of Restaurants, Miami Culinary Institute; Lindsay Autry, Executive Chef, The Sundry House, Finalist, Top Chef Texas; Stephanie Miskew, The Glamorous Gourmet; and Virginia Philip, Master Sommelier, The Breakers, Palm Beach. Proceeds from the event benefited the much-needed patient care programs of Hospice of Palm Beach County.

GREEN GOINGS

Images courtesy of Diana Hanford From Left to right: Todd Feit of the Club at Admirals Cove and Jerome Nicolas of Ibis Golf & Country Club



From left to right: Paul Bianco, Lindsay Autry, Virginia Philip, Chef Norman Van Aken, Tod Feit, Greg Leach and Stephanie Miskew



Chris Farrel and Mary Coleman



From left to right: Sharon Quercioli, Carrie Browne, Dr. Jean Wihbey and Cathy Olsen



Greg and Jill Leach



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-for-profit 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.

GREEN GOINGS

Northwood University Hosts 25th Annual Auto Show of the Palm Beaches

by Glenn R. Swift



Northwood University was proud to share its rich heritage by hosting its 25th Annual Auto Show of the Palm Beaches March 1-3 at its beautiful 80-acre campus in West Palm Beach. While much has changed over the last twenty five years, one thing has not — the enthusiasm of the students in bringing the very latest and most exciting vehicles to Palm Beach County for display.

This year's show featured 40 vendors and over 300 vehicles, which served to showcase the automotive industry's finest achievements in technology and engineering.

For more information about Northwood University, please visit www.northwood.edu.

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STAY INFORMED:  





Juno Beach Hosts 25th Annual Art Fest by the Sea

by Glenn R. Swift

Ranked among the top 100 art fairs in the country by Sunshine Artist magazine, Art Fest celebrated 25 fabulous years March 9–10. The juried outdoor art show, popular among locals and tourists alike, featured the work of more than 300 leading artists from around the country. The wide array of fine art on display included a variety of genres with prices set to suit all budgets. Admission was free and open to the public.

The Northern Palm Beach County Chamber of Commerce donated to the Northern Palm Beach County school art programs through its Youth Art Competition, which took place during the festival, as well as additional nonprofits that volunteered at the event.

“This is an ideal venue,” said festival promoter Howard Alan. “The festival has become more popular with each passing year and a tradition that locals and tourists look forward to, we certainly enjoy producing this signature event.”

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

Art Fest
by the Sea



GREEN GOINGS



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PEARLS OF WISDOM FROM
THE GREEN GODDESS

Spring Thaw and Toxic Mold

by Sharon Quercioli

Quote of the Month:
"You were not sent into this world to do anything into which you cannot put your heart." (John Ruskin)

Spring is upon us! Sometimes it doesn't quite feel like it here in Florida, but I am assured it truly is spring. In Ohio, where I am from, the dogs don't want to come inside, the horses are playing and running in the cool wind, birds are chirping outside and the outdoor cats are lounging in the sun. At the same time, I know that a lot of folks are suffering from all sorts of allergies and odd symptoms.

Warming temperatures and humidity feed mold growth, with mold spores gaining access to the air we breathe. Molds have been linked to many health symptoms, including allergies, headaches, chronic colds, coughs, flu-like symptoms, seizures, tremors and more. Humans and animals react (sometimes severely) to molds and fungi in the environment. I have known many people who have been hospitalized with severe reactions to molds growing in their home. There are many, many forms of mold and fungus, and a select group of mold has been labeled as Toxic Mold.

Traditionally, if you have a mold problem, it is often recommended that you rip out walls, spray toxic chemicals everywhere, then honestly — pray that it is gone. However, it is very unlikely that your mold problem is truly gone. So, you know me well enough by now, that if I am writing about toxic mold I probably have some natural remedy for you! Bravo! You are RIGHT!

Answer this question... How have plants on this earth survived for millions of years? Let's just say a lot of them! Why? They have their own self defenses, called essential oils. These oils act like the blood in our body, which has components that fight bacteria, viruses, and you guessed it — molds. If plants succumbed to mold growth, they would die out very quickly. So, plants evolved effective ways to defend themselves against the molds of our planet. The most powerful defenses of a plant are the essential oils that it creates. This is why essential oils are so important! They come from nature and carry the intelligence and power of nature within them. No pharmaceutical or chemical company can claim that! Mother Nature did NOT make 409, and the intelligence of the vast universe will never be contained within a man-made bottle.

There is wonderful research by Dr. Edward Close on the amazing ability of essential oils to kill toxic molds. You can read all about it



ESSENTIAL OILS
HEALTH & WELLNESS



and see his research at www.moldrx4u.com. In a nutshell, his wife was into using essential oils, and he was an engineer who specialized in mold removal from buildings. Over time, they documented the amazing ability of essential oils, specifically Thieves Blend by Young Living, to not only kill mold but to destroy the mold spores, as well as continue to reduce future regrowth of the molds. There is not one toxic chemical on the market today that can compare to the essential oil blend of Thieves.

If you have a mold problem in your home, or even if you suspect that you do, I highly recommend diffusing Thieves in your home. There are many types of diffusers, and, if you were trying to kill mold, I would certainly use the TheraPro Premium Diffuser or the Essential Oils Diffuser from Young Living. These diffusers put pure essential oils directly into the air. I have always believed that diffusing Thieves in a home reduced allergies and now I know why. By reducing molds in the environment, certainly allergic symptoms will be reduced.

Since I was first introduced to Young Living, I have diffused Thieves Essential Oils in my home. I have had great experiences with it and love the smell of Thieves. I also use Thieves when I am traveling on a plane. I put a drop on my finger and put it under my nose. It kills all bacteria and fungi so I do not catch anything that is flying around in the air on the plane. It stings a little, but is an amazing product. I feel strongly that all the Thieves products contribute to my excellent health.

A great tip: If you diffuse 7 milliliters of Thieves Essential Oil with the TheraPro Diffuser just once a month in your bathroom, you will greatly reduce or eliminate mold growth on the tile grout! Less scrubbing!!! Yay! So get out your Thieves and start diffusing. It will work wonders. 🌍

Young Living – Florida

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In 2013



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The Spectacular Strawberry

by Sharon Quercioli



I love strawberries! Strawberries have the smell of spring and the color of summer, symbolizing the most beautiful and warm seasons of the year with perfection. The delicious truth is that strawberries provide a number of health benefits: proper eye care and brain function and relief from high blood pressure, arthritis, gout and heart disease.

With a bright red color appealing to the human eye, the strawberry is the most popular berry in the world. In fact, the strawberry is actually a member of the rose family and the only fruit in the world with seeds on the outside rather than the inside. There are wild and cultivated strawberries with over 600 varieties in all. The cultivated ones offered in stores are actually a hybrid. As for the wild ones, they are much smaller but more intense in flavor.

Health Benefits of Strawberries

Eye Care: The primary reasons for almost all the problems of eyes are free radicals and deficiency of certain nutrients. With the growing age and lack of these protective nutrients, the harmful oxidants or free radicals cast heavy damage on our eyes, such as drying up of eyes, degeneration of optical nerves, macular degeneration, vision defects and make them prone to infections, too. The antioxidants present in strawberries (i.e., vitamin C, flavonoids, phenolic phytochemicals and elagic acid) can help avoid this situation. One more factor is ocular pressure (pressure of the eyes). Any disturbance in eye pressure is harmful for the eyes, and because strawberries contain potassium they can help maintain the right pressure.

Arthritis and Gout: The degeneration of muscles and tissues, the drying up of the fluid that sustains the mobility of the joints and the accumulation of toxic substances (e.g., uric acid) in the body are some of the ill effects of free radicals in

EATING WELL



our body, which in turn are primarily responsible for arthritis and gout. Strawberries, with their team of antioxidants and detoxifiers, can effectively help push away such health hazards forever. There is a famous saying in India that “a serving of a fruit a day will remove the rust from the joints.” It is very true for strawberries.

Cancer: Vitamin C, folate and anthocyanin, quercetin and kaempferol (few of the many flavonoids in strawberries possessing excellent antioxidant and anticarcinogenic properties) together form an excellent team to fight cancer and tumor. A daily intake of strawberries has been shown to have reduced the growth of cancerous cells.

Brain Function: It is a common observation that older people tend to lose their memory and control over their activities, limbs, etc. due to the aging of their brain and nervous system. Actually, free radicals, the agents largely responsible for aging, have a very adverse effect on these systems. As a result, brain tissues degenerate and nerves weaken. Strawberries can help you out. Their vitamin C and phytochemicals neutralize the effect of these oxidants and rejuvenate the system. Moreover, strawberries are rich in iodine too, which is very helpful for proper functioning of the brain and nervous system.

High Blood Pressure: Strawberries are high in potassium and magnesium content, both of which are effective in lowering high blood pressure caused by sodium.

Heart Diseases: High fiber, folate, no fats and high antioxidants form an ideal cardiac health pack, as they effectively reduce cholesterol. Some of the members of the vitamin B family present in strawberries also strengthen the cardiac muscles, making for better functioning of the heart.

Other Benefits: Folate is known to protect against birth-defects. Vitamin C effectively reduces infection and cold. The phytonutrients also have anti-inflammatory properties.

Smoothie Recipe

7 to 8 large strawberries
2 ripe bananas
1/2 cup sugar or (even better) agave
2 cups ice
Cup of orange juice
Blend ingredients in a blender 🌍

Remember, as with all fruits and vegetables it is always wise to first wash them thoroughly in water with a few drops of lemon essential oil. To learn more about essential oils contact Sharon Quercioli, independent YoungLiving distributor: 516264. Phone: 561-309-7276 email: sharon@owwmedia.com



JUICETRATION

“Juicing for the Health of It”

by Sean Herbert

So you’ve seen all the late night infomercials and listened to your friends as they bragged about how **GREAT THEY FEEL** and how much **WEIGHT THEY’VE LOST** and **HOW THEY ARE LOOKING YOUNGER BY THE DAY! SO NOW YOU WANT TO GET JUICED!**

Your first instinct is to immediately dust off your old margarita blender and throw in a couple of apples, strawberries and bananas and crank out a nice fruit cocktail, but you forgot the RUM! Wait, aren’t you doing this to improve your health? Well, maybe it’s time to do a little research...

What is the best juicer for health?

“**CHEW YOUR FOOD!**” ... Your Mom was right!... Your teeth and the act of chewing is the best juicer for health. The act of chewing or masticating your food, combined with the pre-digestion that takes place in your mouth, creates the perfect digestible solution for your body to absorb for fuel. So what kind of juicer should you have?

May I suggest a **MASTICATING** juicer.

A single auger I think is best to get started. A model like the Omega 8000 series is a great way to start juicing. The main reason I suggest these juicers are that they are **EASY TO USE AND CLEAN**. If they are easy to use and clean, you will juice more!

More Juice = More LIFE.

For beginners who want to test the hobby of juicing, I suggest the Manual Lexen Healthy Juicer. This is an inexpensive way to buy a juicer and see if **JUICING IS FOR YOU**. The only drawback is that you have to do the work! A few months later, if you think juicing is your passion, you can explore the higher-end juicers like the Angel or the Norwalk.

What should I juice?

A wise man once broke down nutrition in its simplest form by asking: “Where does life come from?” (The Sun). “Where does the Sun store it’s energy on Earth?” The answer is in something green and leafy...**EAT THE PLANTS!** According to many recent medical studies, **LACK OF OXYGEN TO THE CELLS** may be the leading cause (if not the only) cause of

EATING WELL



disease. What takes in carbon dioxide and produces oxygen? Plants. Chlorophyll, the “blood of the plant,” is one atom of magnesium different than hemoglobin in human blood. Hemoglobin is responsible for delivering and feeding oxygen to the cells. The largest and strongest animals get their protein from plants to feed their strong bones and muscles. So what should we juice? Something **GREEN** and **LEAFY**!

Now let’s dig a little deeper in the garden of knowledge. What green and leafy plants have the most stored energy from the sun and provide the cells with the most oxygen?

The answer is **SPROUTS**...The most nutritious food on the planet!

But I don’t have time to juice?

May I suggest wheatgrass—the largest source of oxygen-giving chlorophyll in the plant kingdom. The best bang for your time and money. Simply juice **TWO OUNCES** of wheatgrass, drink from your formerly rum-stained shot glass, and enjoy the comparable benefits of eating **FIVE POUNDS** of organic vegetables in one shot. You can’t make it any simpler than that! Wheatgrass is a natural detoxifier and blood cleanser. It oxygenates and purifies your blood, boosting your immune system and allowing the body to heal and recover faster. A week of juicing wheatgrass and your friends will be jealous of you!

But don’t stop there... Broccoli sprouts contain cancer fighting sulforophanes; sunflower sprouts activate every cell in the immune system, building muscle, bone and the neurological system. Pea sprouts are a com

plete protein and have been attributed to eliminating plaque on arterial walls. The benefits of juicing sprouts are endless.

So now you know what and how to juice. The next step is to stop by our store, Got Sprouts?, at 1880 West 10th St, Riviera Beach to pick up your juicer, sprouts and recipes.

And don’t forget to brag to your friends! 🌍

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What Does EARTH DAY Mean to You?

by Sandra Frens



From the time we are children we are taught to take care of the things we treasure. We are taught that if we want something to last it needs to be protected and shown tender loving care. These ideas apply not only to people and possessions we care for, but toward the greatest asset we all share: Mother Earth. Earth Day is a time set aside for all the people of the world to reflect upon the steps we need to take to ensure the protection and sustainability of our beautiful planet.

The first Earth Day was held in the United States on April 22, 1970 and was the brain-child of U.S. Senator Gaylord Nelson of Wisconsin. He intended it to be an environmental teach-in day to be held at high schools and college campuses across the country. What began as a small grassroots campaign organized itself into thousand of schools and local communities with an estimated 20 million Americans participating in demonstrations. April 22 continued to be the day of environmental awareness in the US until 1990 when Denis Hayes (the original national coordinator of Earth Day in 1970) organized events in 141 nations giving Earth Day a more global focus.

With the onset of the Internet, Hayes continued his environmental activism and established the Earth Day Network — a global community of government agencies, activists and others focused upon the promotion of environmental-protection activities throughout the year.

All of us need to take ownership of how we treat our precious planet on a daily basis, making sure we recycle, conserve water and try to keep our energy usage down. In addition to our regular waste management routine, this Earth Day we need to make a pledge to take part in another form of conservation. Earth Day encompasses multiple forms of advocacy from random acts of green and wilderness conservation to protecting our oceans and thousands more. Find a cause that holds special meaning for you and get involved.

One of the most important steps you can take is to make others aware of your cause and share your Earth Day ambitions. Send a green greeting to your friends and family urging them to participate in your endeavors. By sending a plantable card, you give them an additional opportunity to be green by planting the card and beautifying Our Earth. 🌍

A great place to purchase green plantable greeting cards and other products is Sprouts! Inc., a West Palm Beach-based company committed to raising environmental conscious and education. Sprouts! is also actively involved with a number of local charities and nonprofit organizations. For more information about Sprouts! and to purchase plantable seed paper products, visit www.sproutem.com or e-mail info@sproutem.com.



GOING GREEN

Ask The
Energy Expert:

Alternative Energy Vehicles

by Scott Ranck



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

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

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

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

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

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

Scott Ranck is the Conservation Program Coordinator & Energy Specialist for Florida Public Utilities. Feel free to e-mail any energy-related questions or comments to Scott at sranck@fpuc.com. Florida Public Utilities Corporation encourages "greener living" through energy conservation rebates, commercial incentives and a slew of valuable services, including "Free Energy Check-ups." And as the company continues exploring new ways to reduce environmental impact on a broader basis, its main focus is to provide every customer the direct tools they need to save money and energy in their home or business. For more information about Florida Public Utilities, please visit www.fpuc.com.

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TangibleGreen—Green Tips

Clean Your Air with a Little Flare

by Missy Strauss



Did you know that according to the most recent Environmental Protection Agency Statistics the average American spends a staggering 90% of their time indoors. It behooves us to be in as clean and healthy an indoor environment as possible. One way to ensure a healthier indoor environment is to reside in a green home, or green building, of course, but something you can do immediately to improve your indoor environment is to pick an air-purifying houseplant that also uplifts your space with a touch of nature.

Our space program has led the way to a fascinating and important discovery about the role of houseplants indoors. NASA has researched methods of cleansing the atmosphere in future space stations to keep them fit for human habitation over extended periods of time. Since the 1980s, NASA has been researching common houseplants and their effect upon indoor air quality. They've found that many common houseplants and blooming potted plants help fight pollution indoors. Certain houseplants are reportedly able to scrub significant amounts of harmful gases out of the air through the everyday processes



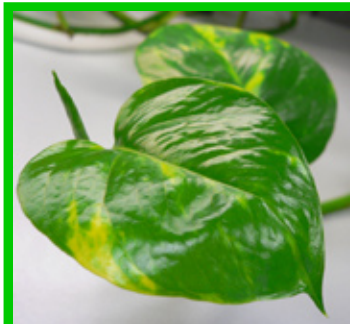
Mums Benefits: Very effective at removing benzene, associated with most chemicals, plastics, cigarettes and off-gassing. Also removes trichloroethylene, formaldehyde and ammonia. Notes: Likes partial sun and lots of water. Although they're among the houseplants that clean the air, they only flower once.



English Ivy Benefits: Known for removing the chemical benzene, a known carcinogen found in cigarette smoke, detergents, pesticides, and the off-gassing of other synthetic materials, is said to be fantastic for asthma and allergies and also removes formaldehyde. Notes: Can be invasive, best used as a potted plant.

of photosynthesis. Some pollutants are also absorbed and rendered harmless in the soil, too.

Plant physiologists already knew that plants absorb carbon dioxide and release oxygen as part of the photosynthetic process. Now researchers have found that many common houseplants absorb benzene, formaldehyde and trichloroethylene, not at all good for human health, but plants can thrive on these toxic chemicals while also removing them from the air.



Golden Pothos Benefits: NASA places this plant among the top three types of houseplants great for removing formaldehyde.

Also known for removing carbon monoxide and increasing general indoor air quality. Notes: Needs less water in colder temps and partial sun.

According to tree-hugger.com, the Top Five Plants leading the clean-air list include: peace lily, bamboo palm, English ivy, mums and gerbera daisies, all of which are easy to find and easy to care

find and easy to care for. Other common houseplants that do a yeoman's work when it comes to optimizing indoor air quality are:

Weeping Fig or Ficus Tree, Warneckii or Dracanaena warneckii, Spider Plant, Golden Pothos, Schefflera or Umbrella Tree, Snake Plant, Philodendron, Marginata or Dragon tree and Moth Orchid.



Gerbera Daisy Benefits: NASA says this plant is fantastic at removing benzene, a known

cancer-causing chemical. It also absorbs carbon dioxide and gives off oxygen overnight, which is said to improve your sleep! Notes: Likes bright light.

So, there you have it, a simple way to beautify your home or office while improving the health of your indoor space! And that's it for this month's TangibleGreen Tip. 🌍



Peace Lily Benefits: Known for removing benzene and is also said to remove mold spores in the air, making it great for bathrooms, kitchens and laundry rooms; purifying the air of

trichloroethylene, and removing alcohols, acetone, and formaldehyde. Notes: Easy to care for, the Peace Lilly prefers lots of water, less often and bright, indirect light.

GOING GREEN



"Tune In to a Better Life"

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

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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 (PASC) 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



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 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



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



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The Miracle That Is a Flower

by Lucas Miller



“Nobody sees a flower really; it is so small. We haven't time, and to see takes time, like to have a friend takes time.” ~Georgia O’Keefe

A search for quotes about flowers produces no small number of results. Their beauty has inspired painters, poets, presidents and preachers. Do the scientific revelations about flowers rob them of their mystery and inspiration? I’ll let you be the judge.

As we learned back in elementary school, a flower’s true purpose is making seeds. Every kind of flower produces pollen that is normally “exchanged” between other blooms of their species.

Since plants can’t walk so well—or buy a drink for the lovely snapdragon at the end of the hedgerow—they employ vast and sundry strategies for getting their pollen to neighboring blooms. Some plants use wind or water, but most tap the locomotive abilities of some organism.

Attracting said mobile critter can be done with fragrance, shape, warmth and other tempting luxuries, but their colors are what inspire preschoolers to scribble them on scrap paper and pick them by the fist-full.

The color of any flower is no accident. If you want to attract a hummingbird, it’s well known that red makes them, well, see red. The compound eyes of bees, however, are more sensitive to yellows, blues, purples and even ultraviolet hues, so these are more likely get their attention. Flowers that depend upon bats, moths and other nocturnal animals often use white to stand out best. Please note that pollinators don’t seem to know which flowers biologists expect them to visit; scientific hypotheses are made for breaking, and casual observers may find frequent rule-breakers.

Ever noticed a flower that almost looks like a bull’s-eye? That’s no coincidence. Circular patterns, lines and “landing strips” can literally point to the sweet treats within. The bluebonnet, state

flower of Texas, has a little spot that turns from terns, lines and “landing strips” can literally point to the sweet treats within. The bluebonnet, state flower of Texas, has a little spot that turns from white to purple when its pollen has gone “stale” so bees don’t waste time carrying around pollen that’s past its “best-by date.”

A small number of animals, like bees, can make use of pollen, but most cannot. Thus, we have nectar, a sugary, energy-rich treat with which flowers bribe critters like casinos offering free buffets.

“A rose by any other name might smell as sweet,” but why does it have that fragrance at all? Scents can attract animals from a distance, even in the dark. Some fragrances mimic a pollinator’s “love pheromone” or the aroma of some tasty food. If that preferred food happens to be a decaying monkey, well, there are flowers that smell like rotting meat to attract flies. Methinks Shakespeare knoweth not the corpse flower.

How much richer is our world because of the desperation of plants to bribe, trick or otherwise enslave those of us with mobility? The science of biology, as I see it, adds to my awe and appreciation for the life with which we share this earth. Hopefully, my little treatise on the adaptations of flowers will inspire you to get to know a flower a little better. 🌍

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.



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Have you listened lately?



Give that Snake a Break!

by Richard Hawkins



Florida is home to 50 species of snakes, most of them harmless, all of them beneficial. Even though they are a crucial part of our ecosystem, people seem to have evolved to fear them. Most people have never had an interaction with a snake, yet snakes still bring thoughts of terror. Fear of snakes is groundless, but moviemakers help perpetuate the terror with silly films like “Snakes on a Plane!”

My wife and I have learned to appreciate our legless friends and had numerous encounters with them on our farm. With species as small as six inches and as large as over 6 feet (not including non-native species now taking over the Everglades!), snakes play an important part in natural insect and rodent control.

The majestic Eastern Diamondback Rattlesnake was once common throughout Florida. Habitat destruction and indiscriminate killing has made this snake very hard to find and now heading towards the endangered species list. In my 39 years in Florida with much time spent outdoors, my only sighting was recently when two young men were standing outside their pickup truck proudly displaying one they had just killed by the side of the road. I cannot tell you how many times I have heard “the only good snake is a dead snake.” I just cannot understand why this idea persists.

We had a rodent outbreak at a warehouse in West Palm and were having a real challenge getting them under control until a large black snake moved in. Very soon the rodents became scarce. Our long slender friend lived there for years never causing any problems except when it sent a visitor screaming towards the door when it made a rare appearance.

Let’s learn to appreciate our shy and mostly harmless slender friends. We should appreciate their role in nature and help with their survival— not their demise. I truly believe we will miss them when they are gone.

I found a fitting poem about our fear of the lowly serpent.

Eyes Of The Snake

Into the snake's eyes I looked deeply within
I saw not hate or evil or any deadly sin
I saw fear and terror from a creature that wanted to survive
And all that it wanted to do was just to stay alive
It curled itself around my arm as though ready to fight
But did it do it out of anger or did it do it out of fright
As the snake has been cursed since the beginning of time
Because of a deed of its relative and its father's past crime
Since that day the snake has been killed and cursed
Evils and sins of the snake we all have been immersed
So once again I looked into that snake's deadly eyes
I still couldn't see sin or evil or even a devilish disguise
So I released that snake on the ground and it slithered away
I wished peace upon it and then for my judging I did pray.

Randy L. McClave

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.



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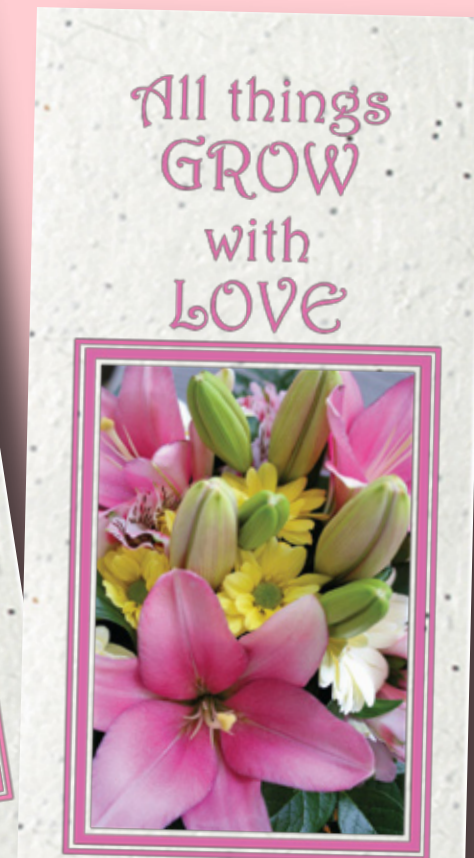
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Meet the Team...



SHARON QUERCIOLI

Co-Founder & President

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



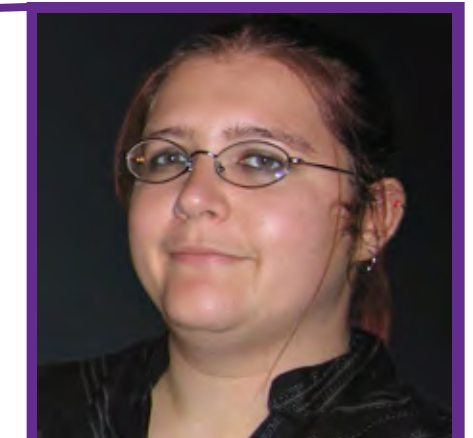
GLENN SWIFT

Co-Founder & Editor-in-Chief

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

SANDRA FRENS

Art Director



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

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

Meet the Team...



SEAN REED

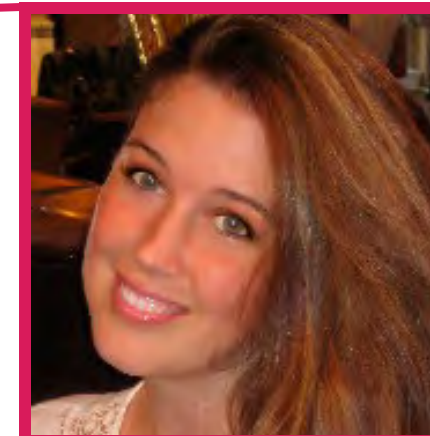
Webmaster / IT Coordinator

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

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

TERESA VANDYK-MARSHALL

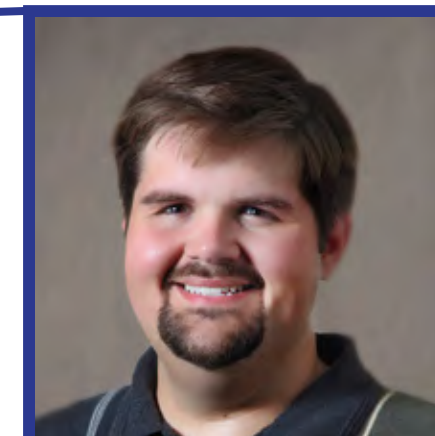
Contributing Columnist



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

ROBBY ANTONIO

Photographer



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

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

KRISTIN PURCELL

Operations Manager



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

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







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The Archive

