



# Our Wonderful World

May, 2013

Volume 4 :: Number 5

The Art of Living Green 



Mark Giuliani  
A Loving Tribute

Jack Hanna Goes  
"Into the Wild"

8 Awesome Herbs

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Our Wonderful World





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Our Wonderful World  
Volume 4 Number 5



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# Our Wonderful World

The Art of Living Green 

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Welcome to the May, 2013 issue of **Our Wonderful World**, Florida's leading green digital magazine. This issue was unquestionably the most difficult that we have ever had to do in that just prior to our scheduled release date a very dear friend of ours, Mark Giuliani, passed away tragically. We wanted to do something special in memory of Mark in this issue. Therefore, we are about a week late from our scheduled release date. For those of you who knew Mark, you were truly blessed as we were. We hope that you will be touched by our tribute to this remarkable man.

Our cover story features the one and only, Jack Hanna, America's "Dr. Doolittle." Jack now has two nationally syndicated TV shows and was kind enough to send us a few pictures from some of his recent amazing animal adventures. We have also included a link to a radio interview that we conducted for **Our Greener World**.

For those of you living in northern Palm Beach County, we want to draw your attention to The O2 Zone, a really cool oxygen lounge with a host of other natural wellness therapies. Be sure to check out this innovative business and take advantage of the free offer extended to **Our Wonderful World** readers.

Our very own Green Goddess enlightens us in a number of ways, from some exciting natural healing remedies in Pearls of Wisdom to two great stories in Eating Well: "The Power of Blue" and "Eight Awesome Herbs."

Kudos to Sandra Frens for two great stories: "Celebrating Mom" and "Learning How to Let Go," the latter being of particular significance in

light of our dear friend's passing. We also want to thank Scott Ranck for another superb Ask the Energy Expert piece, "Windows Sweating," something all Florida residents should know about.

Our "singing zoologist," Lucas Miller, has written a great story about the wolves of Yellowstone Park, and last, but certainly not least, Richard Hawkins of Localecopia provides us with some startling information with which fish eaters need to be aware.

This issue marks our third anniversary. To our long-time readers, advertisers and contributors, we thank you. And to all of you reading our publication for the first time, we hope that you will take the time to subscribe and become regular readers of **Our Wonderful World**.

So grab your coffee, and start clickin'.

Sincerely,



**Sharon**

Sharon Quercioli,  
President  
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**Glenn**

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Editor in Chief  
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FROM THE PUBLISHERS





# Jack Hanna Goes INTO THE WILD

by Glenn R. Swift

Jack Hanna, America's very own "Dr. Doolittle," has recently launched a second TV show, Jack Hanna's Wild Countdown [www.littonweekendadventure.com/wild-countdown](http://www.littonweekendadventure.com/wild-countdown), which airs Saturday mornings on ABC. Now don't worry! Jack is still filming for Into the Wild [www.jhitw.com](http://www.jhitw.com), and the fifth season will be airing this fall. Both shows are unscripted and action packed, providing valuable insight into the protection and conservation of some of our planet's most precious and endangered species—guaranteed to leave you with a renewed appreciation for all creatures, great and small. So, be sure to tune in to see some of the world's rarest, most endearing and fascinating animals.

In the meantime, enjoy some great pictures of Jack that the "King of All Zookeepers" was kind enough to send us. Last, but definitely not least, take a moment to listen to a great interview that Sharon and I did with America's favorite zookeeper for Our Greener World radio: [www.ogwradio.com/shows.html](http://www.ogwradio.com/shows.html). (Scroll down to the April 18 show.)

The imagery featuring Jack Hanna and these incredible animals is provided by Rick Prebeg president of World Class Images. Rick is a phenomenal photographer who has worked with Jack Hanna for more than 30 years. He has handled all of the photography and many other aspects of Jungle Jack's adventures while also traveling the world. Rick has been involved with wildlife for most of his life...

COVER STORY





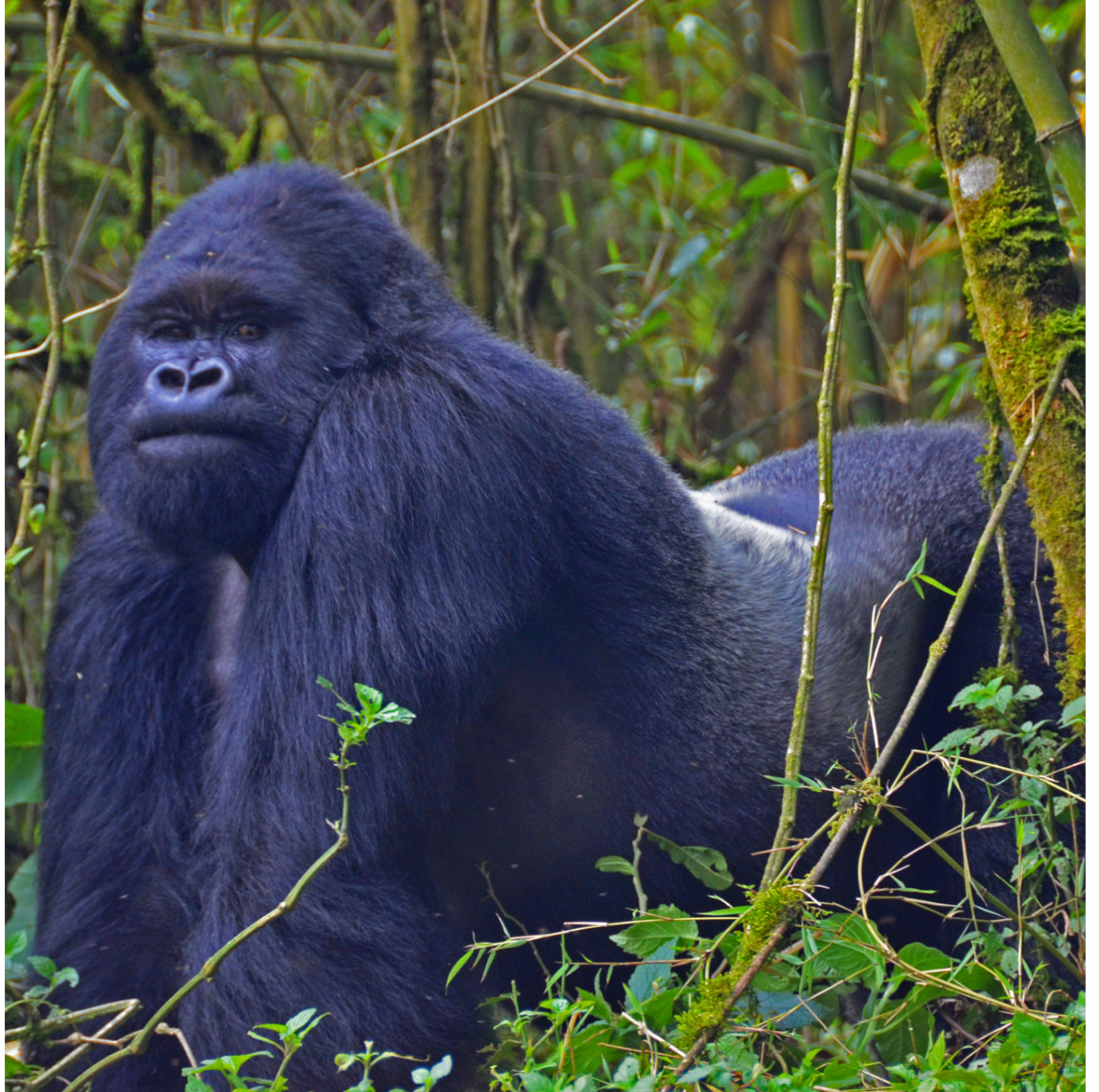


COVER STORY





RICK PREBEG  
WORLD CLASS IMAGES  
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COVER STORY



# A Tribute to Mark Giuliani (1960-2013)

by Sharon Quercioli

Whenever you heard the name Mark Giuliani, people would smile and talk about what a great person he was, his love for music and his accomplishments as a lawyer, but most of all, he was remembered for being a devoted father, husband and son.

Mark was one of sixteen swimmers caught in a powerful and dangerous rip tide off our coast on Sunday, April 28. He was taken to Jupiter Medical Center with life-threatening injuries. Mark passed away Tuesday morning. Needless to say, it is an enormous tragedy for all of us.

Mark was an avid swimmer, and going to the beach was a favorite thing for the Giuliani family. He loved going to the beach with his beautiful wife Kim and his precious daughters Olivia and Amelia. The pictures included in this tribute tell the story of Mark's passion for his family and music.



TRIBUTE





Mark was from Connecticut and worked with the law firm of Krupnick Campbell and Associates in Ft Lauderdale. He was a first lieutenant in the U.S. Army in the late 1980s, a captain with the U.S. Air Force and served as an officer and attorney in the Judge Advocate General's department. He left the Air Force in 1996 and then practiced with civil litigation defense firms in Connecticut. Mark and his family relocated in 2005 to Florida to work with Kern and Wooley, a law firm that specializes in product liability and aviation crash cases.

As an accomplished composer and arranger, Giuliani co-founded the Theatre Orchestra of Florida, a 19-piece classical orchestra. In 2012, Mark conducted the London Symphony Orchestra at Air Studios in London with his close friend and renowned tenor, Roberto Larussi, for a project that is soon to be released. In January of that year, Mark and Roberto, along with Glenn Swift, composed and produced a benefit concert for Healing Touch Buddies in Palm Beach Gardens.

After the Sandy Hook tragedy in December, Mark turned to music to express his grief and composed and performed his tribute "Images of You" that was uploaded on YouTube, [click here to listen](#). It is just beautiful and will surely give you an idea of who he is.

We ask all of you to surround Mark's family, friends and colleagues with love and care at this difficult time.

*Mark and his beautiful family  
(Olivia, Kim and Amelia)*

TRIBUTE





*Mark conducting the Theatre Orchestra of Florida at Palm Beach State's  
Eissey Campus Theatre in Palm Beach Gardens*

Glenn and I had the honor of being Mark's friend. Both of us wanted to share with all of you his passion for life. Each picture tells a tremendous story. Mark is now in heaven conducting beautiful music.

*Glenn and I along with all those involved with Our Wonderful World would like to extend our prayers for strength and healing to Kim, the two angels, Olimpia and Amelia, and the entire Giuliani Family. For anyone interested in expressing their condolences, the family requests that in lieu of flowers donations be made to the Olivia and Amelia Giuliani Scholarship Fund. Please contact Joseph J. Slama at [gvaldes@krupnicklaw.com](mailto:gvaldes@krupnicklaw.com) or (954) 763-8181.*



*Mark and Sharon Quercioli*

TRIBUTE





*Mark and one of his angels, Amelia.*

# A Tribute to My Friend Mark Giuliani (1960-2013)

by Glenn R. Swift

Five years ago I received a letter of introduction from Mark Giuliani, a local attorney and composer who had recently relocated with his wife and two daughters from Connecticut to Palm Beach Gardens. At the time, I was working as editor in chief for one of our area's premier publications, and Mark had come across some of my work, which focused heavily upon the arts and entertainment. Sensing that I shared his great passion for music, Mark had contacted me out of a desire to hold a classical concert to celebrate the upcoming 50th anniversary of the city of Palm Beach Gardens. Mark was looking for a partner with marketing and public relations experience, and wanted to know if I had an interest in doing so.



*Three generations of the Giuliani Family.*

TRIBUTE





*Mark conducting the London Symphony*

TRIBUTE





# TRIBUTE

Funny this is, I remember receiving that letter as if it were yesterday. I mean, who gets letters anymore? Well, that's the way Mark did everything. He was a cut above. And although I had no way of knowing it at the time, that letter would change my life.

Over the next few years we co-founded the Theatre Orchestra of Florida, a 19-piece classical orchestra for which Mark served as conductor and musical director. We produced numerous concerts from Stuart to Coral Springs, highlighting Mark's extraordinary musical talents as well as those of our orchestra and his dearest friend, a very gifted tenor, Bocelli Award winner, Roberto Larussi. Mark and I enjoyed limited financial success in this endeavor, but in terms of artistic excellence, we accomplished great things.

*Mark and his angels,  
Amelia and Olivia*



*Music was a passion that always lifted Mark's amazing spirit.*



*Mark's 51st Birthday*

While working together for TOF, we became very close friends. Like all relationships, there are things I wish I would have said and others I wish I hadn't, but my love and admiration for Mark never wavered. Mark truly was a Renaissance Man, the consummate intellectual, enormously talented in the arts, the sciences and in his profession. Mark's artistic achievements were many, ranging from painting to classical music. Recently, Mark and his beloved friend Roberto recorded an album with the internationally renowned London Symphony. In looking back, it was the culmination of an amazing musical career that also included a concert at New York's prestigious Lincoln Center.

*National Italian American Foundation Gala - April 4, 2013  
(Mark, Roberto Iarussi, Phyllis Verdugo and Arthur J. Furia)*



TRIBUTE



A few years ago I found myself in the most difficult of circumstances. Mark and his beautiful and loving wife Kim reached out to me, including welcoming me into their home for nearly six months. That was something that I will never forget and will forever be eternally grateful. Indeed, if you ever find yourself with but one friend in this world, and that friend is someone like Mark Giuliani, then you should be on your knees in gratitude, for you'd be a very lucky person.

In closing, I would like to thank Mark for the magnificent gift of your friendship and the loving God for allowing our paths to cross, albeit for a short time.



TRIBUTE





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# Welcome to The O2 Zone!

State-of-the-Art Oxygen Bar & Spa Opens in Palm Beach Gardens

by Ed Scheer



The O2 Zone in Palm Beach Gardens is an innovative fusion where oxygen lounge and spa join together, offering a variety of spa services and rejuvenation therapies. Visit this wonderful haven of serenity to get away from your day-to-day life, and experience state-of-the-art services that you won't find anywhere else in the area.

Enjoy an oxygen aromatherapy session at the bar to help heighten your concentration, productivity, promote general wellbeing. It's even great for helping to remedy headaches and hangovers. Add aromatherapy to your experience for additional benefits during your oxygen session.

Enjoy free Wi-Fi and have a cup of one of their holistic teas or other healthy refreshments. Stop in anytime to de-stress in one of their Zero-Gravity massage loungers.

*Visit the O2 Zone at night as a great social alternative to the local bar life.*

Try some Kava to calm the nerves and ease the stresses of the day away... What's Kava? Kava is a plant root grown in the South Pacific that is ground up into a powder and used to make a drink that relaxes the muscles and calms the nerves. Kava has been used by ancient tribes during ceremonial rituals. Today, Kava is used for cultural and social purposes.



FEATURE STORY





Rid your body of toxins in the FAR Infrared Ray capsule while FAR infrared rays are absorbed deep into the muscle tissue, promoting cellular activity, increasing blood circulation and creating an overall sense of wellbeing. FAR Infrared ray therapy has been shown to increase energy, detoxify, purify the skin and improve the immune system along with many other benefits.

The O2 Zone paves the path to achieving optimal wellness and is open seven days a week. The "Zone" is currently offering a great way to sample their services with spa packages and grand opening offers. Visit [www.theo2zone.com](http://www.theo2zone.com) for a full list of services and pricing. 🌍

*The O2 Zone is centrally located in the LA Fitness Plaza in the Fairway Shoppes of Palm Beach Gardens, just steps away from PGA National.*

The O2 Zone offers a variety of spa treatments such as specialty massages, facials and waxing. The spa proudly features the IMAGE SKIN-CARE product line. IMAGE SKIN-CARE is an organic line, combining natural ingredients and scientifically advanced formulas that utilize plant stem-cell science to provide pharmaceutical-grade effectiveness for all skin types.

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# 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.**



# Northern Palm Beach County Chamber Women in Business Host Lauren LaPonzina Saver

by Glenn R. Swift



On Wednesday, March 27, the Women in Business Council of the Northern Palm Beach County Chamber of Commerce held its first quarterly event of 2013 at Frenchman's Reserve County Club featuring Lauren LaPonzina Saver as guest speaker.

Saver is the President of the Headlines Consulting, LLC, a two-time Emmy Award Nominee, seasoned broadcast journalist, media strategist, media coach and consultant. Most recently, she was a news anchor at WPTV, Florida's highest rated television station, before deciding to start her own PR consulting business.

Saver and her team work their media magic to help companies and organizations of all sizes strategically plan and execute any type of media campaign. Her extensive media experience and insider secrets can effectively enhance your organization's image and expand its business. Headlines Consulting also works in conjunction with some of the best PR & Marketing firms in the business to assist them with the media piece of the puzzle.

Saver graduated Cum Laude from Georgetown University with a Bachelor's Degree in Foreign Service from the prestigious Edmund A. Walsh School of Foreign Service. She has more than a decade of experience as a television news anchor and reporter in Florida, New York and Maryland. Some of her career highlights include covering the Casey Anthony case for Fox News Channel, providing live presidential campaign coverage and guiding Floridians through several major hurricanes and tornadoes during live broadcasts. 🌍

For more information about the Northern Palm Beach County Chamber of Commerce, please visit [www.npbchamber.com](http://www.npbchamber.com).



GREEN GOINGS



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Contact FPU to schedule a Free Energy Check-Up and we'll check your home or business for sources of energy waste and create a customized analysis of your energy use. Plus, we'll show you what specific steps you can take to save money, conserve energy and more!

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Scott Ranck—Energy Expert

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Spread the Payments!

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## Get Cash Back (And Hurricane-Ready!) With Natural Gas!

Did you know that natural gas provides nearly 100% reliable service, enabling you to cook and take hot showers\*—even when the power goes out? Enjoy more peace-of-mind, save energy (and get **up to \$1,750 cash back!**) with the following natural gas appliances:

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High-Efficiency Tank Water Heater <sup>1</sup>	\$550	\$400	\$400
Tankless Water Heater	\$675	\$550	\$550
Furnace	\$725	\$500	\$500
Range	\$200	\$100	\$150
Dryer	\$150	\$100	\$100
Service Reactivation <sup>2</sup>	\$350		

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888.220.9356

STAY INFORMED:



\*In the event of a power outage, a natural gas tank-style water heater operates automatically while a tankless model requires a simple battery.  
<sup>1</sup>Rebates are subject to program terms and conditions. <sup>1</sup> A water heater must have an Energy Factor (EF) of .63 or greater to qualify for a high-efficiency rebate. <sup>2</sup> 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.



# Video Marketing MASTERMIND COURSE

by Sharon Quercioli



YouTube Rockstars!!! What are they and how do you become one? Well, I would like to share with you some of my experiences with this four-day retreat with Jessica and Dan Brace, Dug McGuirk, Mary Curtis and twelve other amazing individuals.

We learned everything from “How to Be a Pro on Camera,” “Identifying Your Rich Niche Target Market” and “How to Get More Video Viewers” to “What to Say to Get Your Audience to Take Action.” I know we all want to become a master at marketing our businesses with video, so I would like to share a little bit of what we learned.

Dug McGuirk, previous trainer with Tony Robbins and currently the Director of Operations at Palm Partners Treatment Center, shared some powerful communication strategies for video marketing. He taught us how to breakthrough and release things that are holding us back. Just do it and take action! Doug was simply amazing and helped me to focus and break a 12” x 12” x 1” board with the palm of my hand. Yeppie! (See the video if you don’t believe me!) Oh yes, I also learned to eat fire! Of course, you can do anything you want to when you put your mind to it.

Mary Curtis taught us how to unleash our “in-the-moment” potential using “improv” techniques. Mary facilitated a session on “Unleashing your Authenticity on Camera.” One of the exercises we performed was to have two

characters. (Sean Herbert and mine were The Big Bad Wolf and Snow White.) The two selectees would have to create a story—one word at a time with each other. It was hilarious and so much fun.

Mary also taught the “Power of Yes” by igniting our creativity while thinking on our feet. Mary coached me with my initial video because I am used to speaking to a large audience and had to learn to speak to one person on the other side of the camera. Thank you Mary for your inspiration and coaching! And thank you Dan “The Video King” for editing our videos and making us look like YouTube superstars!

Last but not least, the Video Marketing Mastermind was given by Jessica Brace, who revealed her top strategies on how to quickly and easily become the go-to expert in your industry, build an automated system to share your message across the world, and, most importantly, grow your business quickly! Jessica is the go-to authority for online video marketing. With Jessica, you too can learn the step-by-step process for leveraging YouTube for top search engine positioning, massive traffic flow and highly targeted leads to your website. Yes, you too can learn how to put the YOU in YouTube! 🌍

For more information about Jessica Brace and Video Marketing, go to [JessicaBrace.com](http://JessicaBrace.com).

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





# PEARLS OF WISDOM FROM THE GREEN GODDESS

## *Quote of the Month:*

“Drinking a daily cup of tea will surely starve the apothecary.”  
Chinese Proverb



## On Our Way to Slim and Slique

by Sharon Quercioli

Living a healthier lifestyle is something that is important to all of us. Yet, when life becomes hectic, doing so can prove to be a little more difficult. Fortunately, Young Living has a product on the market that will definitely help; it's called Slique Tea.

Slique Tea is not your grandmother's tea, but an exotic blend of Jade Oolong tea, Eucadorian Ocotea Leaf, Arabian Frankincense powder, Pure Vanilla Essential Oil and Amazonian Cacao. The truly unique property of this tea is that it has specifically been designed to greatly assist in the battle for weight loss. With its rich blend of flavonoids (a dietary compound generally associated with helping maintain certain normal, healthy body functions), Slique Tea provides a natural and delicious alternative to sodas and sugar-filled fruit drinks. It also contains catechins and polyphenols, which may be useful as part of a successful weight-management regime when paired with physical activity and a healthy diet.

What makes Slique Tea so beneficial is its rare ingredients, which in and of themselves provide a slew of health benefits.





## Jade Oolong Tea

1. It has capacity to aid weight loss. Scientists from the University of Tokushima (Japan) proved people who drank two cups of oolong tea each day burned over 157% more fat than those who drank the same amount of green tea.
2. It can do wonders with combating the effects of aging skin, especially regarding wrinkles and dark spots.
3. It assists in preventing heart disease and cancer.
4. It helps reduce high blood pressure by lowering our LDL (bad) cholesterol level, and its polyphenols have positive effects upon our arteries.
5. It can help prolong and improve vitality, lifespan and brain power.
6. Regular consumption of oolong tea can result in a stronger immune system and improved abilities of our body to resist various inflammatory diseases including cold and flu.

## Pure Vanilla Essential Oil

1. Has calming effect upon the brain and numbs cravings
2. Numbs the nerves and gives relief from anxiety, anger and restlessness
3. Stimulates weight loss by significantly reducing a person's sweet food intake

## Amazonian Cacao

1. Naturally rich supply of antioxidants (98%)
2. Good source of dietary fiber
3. One of the highest dietary sources of magnesium, flavonoids and polyphenols
4. Has a high source of Vitamin C

## Eucadorian Ocotea Leaf

1. Decreases glucose levels
2. Decreases triglyceride levels
3. Decreases blood pressure
4. Has anti-inflammatory properties

## Arabian Frankincense Powder

1. Digests and increases the oxygen levels in the body while moving out toxins



## How to Prepare the Tea

It is delectable served hot or cold. Slique Tea is a guilt-free staple with any diet regimen. Use daily before and after workouts, with meals, or any time you need a boost.

Bring 8 ounces of water to a rolling boil, let cool for 3 1/2 minutes. Place one pouch in a cup, mug or filter and add water. Steep for at least 3 minutes and add, if you wish, one of your favorite Young Living Essential Oils as desired.

## Young Living – Florida

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# TEN STEPS TO HEALTHY FEET WITH A PEDICURE

*by Karen Levine Cantor*



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



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

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

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

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

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

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

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


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

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

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

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

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

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

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# THE POWER OF BLUE

by Sharon Quercioli



**B**lueberries – the Super Antioxidant! They are great plain, in yogurt, shakes, pancake, waffles, on top of cereal and many other recipes. My favorite is washing and eating them right from their container for breakfast or a healthy snack. A healthy food that's delicious every day.

The USDA's Dietary Guidelines for Americans are clear: eat fruits and vegetables every day! Consumers looking for delicious ways to get the recommended amount of fruit into their daily diets (1 to 2 1/2 cups) will find blueberries the ideal choice. Just ½ cup of blueberries delivers one fruit serving and is a good source of dietary fiber. It's a Daily Dose of Blue that's easy, tasty and so good for you.

## **Wild Blueberries Are the Leader in Antioxidants**

Wild Blueberries deliver a potent antioxidant punch. In fact, they have the highest antioxidant capacity per serving when compared with more than 20 other fruits. Using a lab testing procedure called Oxygen Radical Absorbance Capacity (ORAC), USDA researcher Ronald Prior, Ph.D., found that a one-cup serving of wild blueberries had more total antioxidant capacity (TAC) than a serving of cranberries, strawberries, plums, raspberries and even cultivated blueberries. Wild blueberries also outperformed selected fruits in an advanced procedure known as the cellular antioxidant activity (CAA) assay, a new means of measuring bioactivity inside cells.

The study was conducted by a Cornell University research team led by Dr. Rui Hai Liu. Simply put, this makes wild blueberries powerful allies in the quest for good health.

"Wild Blueberries are stars in terms of their antioxidant capacity," said Dr. Ronald Prior, lead researcher at the USDA Arkansas Children's Nutrition Center and Agricultural Research Service.

## **Antioxidants Fight Aging, Cancer and Heart Disease**

Wild blueberries provide powerful, natural anti-aging and disease prevention qualities. Every day our cells wage a battle against free radicals – unstable oxygen molecules associated with cancer, heart disease and the effects of aging. Dietary antioxidants come to the rescue. These phytonutrients, natural substances found in fruits and vegetables, neutralize free radicals and help prevent cell damage. Antioxidants also protect against inflammation, thought to be a leading factor in brain aging, Alzheimer's disease and other diseases of aging. The potent antioxidants found in wild blueberries include flavonoids and other phenolics such as anthocyanins; wild blueberries are higher in anthocyanin content than other fruits and vegetables.

## **Healthy Aging: The Power of Blue**

Potent antioxidants are highly concentrated in the deep-blue pigments of wild blue-

EATING WELL





berries. Scientists around the world are studying the ways in which the Power of Blue may help combat disease and promote healthy aging. The many potential health benefits of wild blueberries include:

**Brain Health:** Ongoing brain research shows that blueberries may improve motor skills and actually reverse the short-term memory loss that comes with aging, making blueberries a natural “brain food.”

**Cancer Prevention:** Research shows that blueberry compounds may inhibit all stages of cancer.

**Heart Health:** Research indicates that blueberries may protect against heart disease and damage from stroke.

**Urinary Tract Health:** Like cranberries, blueberries may help prevent urinary tract infections.

**Vision Health:** Research around the world has indicated that blueberries may improve night vision and prevent tired eyes. 🌍

## RECIPE

### Blueberry Salsa Salad

*Original Recipe Yields 6 Servings*

#### Ingredients

- 2 cups fresh blueberries
- 1 medium red apple, diced
- 1 large navel orange, peeled, sectioned and chopped
- ½ cup finely chopped sweet onion
- 1 tablespoon minced fresh cilantro
- ¼ cup red wine vinegar
- 3 tablespoons unsweetened apple juice
- 2 tablespoons sugar
- 2 tablespoons olive oil
- ¼ teaspoon salt
- 1 (5 ounce) package spring mix salad greens
- ½ cup crumbled blue cheese

#### Directions

In a large bowl, combine the blueberries, apple, orange, onion and cilantro. In a small bowl, whisk the vinegar, apple juice, sugar, oil and salt; drizzle over fruit mixture and toss to coat. Let stand for 10 minutes.

Divide salad greens among six serving plates. Using a slotted spoon, arrange blueberry salsa over greens. Drizzle with dressing left in bowl. Sprinkle with blue cheese.



# Eight Awesome Herbs

by Sharon Quercioli



Do you ever walk into a kitchen and smell something delicious that makes your mouth water? Maybe it is homemade sauce or a fresh salad that's got something extra yummy in it. Odds are that you can blame it on fresh green herbs—fragrant, flavorful and actually good for you. Fresh herbs bring a whole new dimension to healthy cooking. I really enjoy growing my own herbs and cutting them up for salads, but my favorite recipe (learned it from Carrabba's) is cut-up fresh herbs with a little virgin olive oil. Then you dip Italian or French bread in the herb mix. Mmmm...

Fresh green herbs are delicious and available year-round in your local market's produce section, or do like I do and grow them! With a little sunshine and a few pots, you can start your own easy-to-maintain herb garden. Then you can be 100% sure they're fresh! Experiment with different kinds, and use your sniffer...you should be able to smell a full, fresh fragrance from bright, perky greens or rub a piece of the herb between your fingers—the smell is intoxicating.

Not sure where to start? Here are eight awesome herbs that'll make your recipes sing and your health soar.





## Parsley

Good for salads, vegetables, pasta

This curly-leafed herb is one of my favorites and is available in most grocery stores. It has almost twice the carotenoid content of carrots and is rich in antioxidants. Parsley has been shown to help slow down the effects of aging and may help prevent coronary artery disease. Parsley also contains apigenin—a phytonutrient shown to have substantial anti-cancer properties by working to inhibit the formation of new tumor-feeding blood cells. One of my favorites is tabouli—a Mediterranean-style parsley salad that is amazing! You can also use parsley to get rid of bad breath, especially if you have eaten garlic!



## Mint

Good for beverages, jellies, sauces, marinades for meats, vegetables, desserts, teas

These small, fuzzy, wrinkly leaves have been shown to have strong anti-microbial properties thanks to the oils within. Mint oils inhibited the growth of bacteria such as salmonella and methicillin-resistant staphylococcus aurea (MRSA). Mint also soothes your tummy and can be helpful in lessening the effects of conditions like irritable bowel syndrome and dyspepsia by its ability to help relax the smooth muscles in all these areas. Have some mint tea! You will love it. How about a refreshing and fun mint julep!



## Basil

Good for Asian, tomatoes, vegetables, poultry, grilled pizza, salads, sauces

A popular herb in the same family as peppermint, its slightly curly leaves are a good source of vitamin A and magnesium. They also contain iron, calcium, potassium and vitamin C. Basil has been shown to stop the growth of many bacteria, even some that have grown resistant to antibiotics. Basil has anti-inflammatory and anti-bacterial properties that come from its high volatile (aromatic) oils content, which include—to name a few—linalool, estragole and limonene. Basil is an ideal treatment for people with arthritis because the oil blocks enzymes in the body that cause swelling. One of my favorite recipes is sliced homegrown tomatoes and fresh mozzarella topped with fresh basil and a touch of balsamic vinegar. Another great recipe is pesto, and we all know that pesto totally rocks on pasta!



## Chives

Good for egg dishes, soups, sauces, baked potatoes, fish

This pungent, slightly spicy herb is related to garlic and leeks. Like garlic, chives are known for their high allicin content—the antioxidant compound that's been shown to help scrub your system clean of toxins and have anti-aging properties. Allicin is also what gives chives their distinctive odor. Chives do a number on bacterial and fungal agents, much to our benefit. Nutritionally, chives are a good source of beta-carotene, potassium, vitamin K, calcium, and folic acid, plus trace amounts of iron and vitamin B.

Chives are most often used raw and are sprinkled on hot foods, like baked potatoes, soups and pasta. Experiment by sprinkling fresh-chopped chives on any savory dish you make (veggies, fish, soup or beans). It is delicious!



## Cilantro

Good for Asian, Mexican, Spanish, and Indian dishes, salsas and chutneys

A flat-leaf parsley, but with a very different aroma and taste, these delicate 1/4-inch leaves reduce high blood sugar, help cut cholesterol, promote detoxification of the blood, and are a good source of vitamin A and vitamin C. Chopped cilantro (and a squeeze of lime) on just about every savory Mexican and Middle Eastern dish is a delicious mix of flavors!





## Oregano

Good for lamb, beef, eggs, beans, egg plant, tomato sauces

Last but not least oregano is used in hundreds of cuisines from around the world? This herb is commonly found in dried form, but if you can find it fresh in your local market's produce section, it is wonderful. I happen to grow it along with all my other herbs. Oregano has thick stalks with dozens of fuzzy curly little leaves measuring about 1/4 to 1/2 inch long. Oregano is an excellent source of vitamin K and a good source of vitamins A and C. It also contains decent amounts of iron, manganese and folate. Together with oils, like thymol, that have been shown to be anti-bacterial and anti-fungal in nature, the nutrients found in oregano pack a real power punch—even in small amounts.

For a great little snack and something very Mediterranean, try mincing fresh leaves very finely, and sprinkle on slices of cucumber and tomato, drizzled with a touch of olive oil.

Although fresh green herbs are generally used sparingly in any dish, if used on a regular basis you can benefit from all the good stuff packed into these fragrant plants. Experiment as much as you can with your own recipes. Some might not tickle your taste buds, but others might have your tongue falling head over heels in love!

## Recipe: Fragrant and Fabulous Awesome Herb Salad

This is the fabulous salad that is loaded with a fragrant combination of greens. Put them all in a big bowl and eat them! You can eat it as is or serve it with just about any main dish. One of the myriad flavors within is bound to complement just about anything you serve alongside it.

- 1/4 cup chopped parsley
- 1/4 cup chopped basil
- 1/4 cup chopped fennel
- 1/4 cup sliced mint
- 1 tbsp. chopped dill
- 1 tsp. chopped chives (optional)
- 2 cups red leaf lettuce, torn into bite-sized pieces
- 1/2 cup baby spinach leaves
- 1 medium carrot, cut into matchstick-sized pieces
- 1 stalk celery, sliced
- 2 tbsp. olive oil
- 1 tbsp. fresh lemon juice
- 1 tsp. chopped fresh oregano
- 2 tbsp. chopped cilantro



## Fennel

Good for vegetable dishes, risotto, salads, pastas, pork roast, sausages, desserts

What a wonderful different taste—that of black licorice! Its large, bulbous root end is the part used most. You can peel the stalks off like celery, and they can be sliced and prepared in the same way. The upper part of this plant—the dill-like part—can be used as edible garnish or added into any recipe. You can slice the bulb very thinly or leave the slices intact. It's a good source of vitamin C, potassium, dietary fiber and manganese. Plus, there are small amounts of calcium, iron and vitamin A thrown in for good measure. Because of its high fiber content, fennel has been shown to have antioxidant and anti-inflammatory properties, and may help to lower cholesterol. A super-simple and refreshing way to enjoy fennel is to thinly slice a stalk against the fibers and lightly drizzle with olive oil and a squeeze of lemon. Or just nibble on the un-garnished slices. Chilled fennel is a wonderful treat.



## Dill

Good for tuna salad, omelets, vegetables, seafood, yogurt dips, herb vinegars pickles

You can recognize dill anywhere of its distinctive aromas and taste. It has delicate wispy fronds for leaves and is high in calcium, manganese, iron, fiber and magnesium. Like basil and mint, dill contains volatile oils such as limonene and anethofuran that have antioxidant properties. Ancient Greek and Roman soldiers would use burnt dill seeds on their wounds to heal more quickly. Classically, dill is used as a cooking ingredient/garnish for any fish dish and as part of the pickling recipes for, well, dill pickles. A delicious dipping sauce is made with light plain yogurt, grated cucumbers, fresh garlic and chopped dill.

Combine parsley, basil, mint, fennel, dill, chives, lettuce, spinach, carrot and celery in a large bowl; set aside.

In a small bowl, combine oil, lemon juice, and oregano, if desired.

To serve salad, combine greens, salad dressing and cilantro; toss gently to blend. The greens can be combined ahead of time and stored in the refrigerator in a plastic bag. This salad can be served with added protein such as grilled chicken or fish, hard-boiled eggs, cooked beans or sunflower seeds.



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# Celebrating Mom

by Sandra Frens

This is the woman who taught you that patience pays off and that gratitude is always appreciated. She is the lady who would drop you off at the mall on the weekend and give you a few extra dollars for a snack at the food court. She's the one who grounded you for lighting the fridge on fire (how on Earth did you even do that?), but still forgives you later exclaiming it needed to be replaced anyway. She's the someone who would always fight for your best interests and make sure that you were cared for. She is the one who could make you feel special in a way no one else ever could.

Mom: we all have one. Some of us call her mom or mommy; sometimes we call her aunt or auntie, others might call her grandma or granny, and a few might call her Mrs. So-and-So. Regardless of what you call her, that special lady (or ladies in some cases) means the world to you. She has given you the tools, guidance and love to help shape you into a wonderful person.

This Mother's Day (May 13th), show your mom how grateful you are for all that she has done for you. Here is a list of green ways to show her how much you care!

1. Send her a plantable greeting card for Mother's Day. Sprouts! has all kinds of cards and gifts for mom that grow into wildflowers when planted. Visit [www.sproutem.com](http://www.sproutem.com) to see what they have to offer!

2. Instead of taking her out for dinner, go to your local green market to buy supplies to make her dinner. Making dinner is a more heartfelt gesture and you're using less gas by staying at home! For a list of farmer's markets in your area, visit [www.localecopia.org/markets.html](http://www.localecopia.org/markets.html).

3. Create a poem/work of art out of junk mail and old magazine clippings. It may sound a little hokey, but if you're creative enough you can make something truly awe inspiring for her wall.

4. Want to give her jewelry? Versus buying something new, visit antique stores and buy her something vintage. Vintage jewelry is still the big fashion trend, and it's still recycling, but on a high-end scale.

5. Clean her house. I can't think of one mom who wouldn't appreciate help making her house sparkle. Just make sure you are using a green sustainable clean. Thieves makes a cleaner distributed by Young Living Oils and is one of the best natural cleaners on the market. To find out more, visit [www.youngliving.org](http://www.youngliving.org).

No matter what you do for you mom this Mother's Day, make sure you let her know how much you love her.





# Learning How to Let Go

by Sandra Frens

We all have that one special person in our life that we couldn't imagine living without. For some, it's a parent or sibling; for others, it's a best friend or mentor, but for me it was my Uncle Chris.

As the youngest sibling on my dad's side of the family, he was more like a brother than an uncle. Like clockwork, when his college let out for summer/winter he would magically appear at my parent's home. He and I would spend everyday together with him regaling me with stories of his collegiate exploits while hanging out at the beach. He'd teach me many life lessons, and I would allow him to feel like a kid again. We weren't just family, we were best friends. Then, one evening around 2am, we got a phone call from my dad's sister informing us that Uncle Chris had a seizure in the school library and passed away. To say the news was a shock could not be more of an understatement. What? Uncle Chris couldn't have died... It's only two weeks from his graduation, and he's supposed to move to Florida shortly thereafter. He can't be dead... This was far from the first time I lost a family member, but it was the first time I lost someone so unexpectedly.

Right now many of our friends and colleagues are also trying to come to terms with the unexpected loss of a dear friend, Mark Giuliani. This devoted father and husband was not only an accomplished lawyer, but a talented musician. His flame was suddenly extinguished from our world, and the grief this has caused all of us is immeasurable.

Loosing a treasured person is never easy, but it is even more devastating when it happens without warning. Dealing with the grief and pain can be a lengthily process, but there are some steps you can take to start to ease the burden on your heart.

## 1. Say goodbye to your loved one.

There are many ways to say goodbye to a lost loved one. Having a funeral or burial for the departed is one way to give friends and family an opportunity to say goodbye, but it's not the only way. Sometimes making your peace in a letter or alone out loud can be comforting as well. What is important is finding a way that is right for you.

## 2. Honor your loved one's memory.

There are multiple ways to honor a departed loved one from creating a scrapbook, creating a work of art, dedicating something in their name like a scholarship or running a marathon and hundreds more ways. One other rewarding way is to grow a plant in perseverance of their memory. This can also be an activity that is shared among family and friends by having plantable memorial cards made (like the ones found at [www.sproutem.com](http://www.sproutem.com)). Then everyone will have the opportunity to grow the memory of their lost one.





### 3. Get plenty of rest.

Grief and loss can be a major stress on your body and can even cause you to become ill. By making sure you are properly rested, the physical duress your body is under will be significantly lessened. If you are having trouble with sleep, make sure you are in a darkened room and try playing soft soothing music or meditating. When your body is rested and healthy, it becomes easier to move forward from the pain of loss.

### 4. Resume your place in the world.

Dwelling in the past does not honor your friend's passing. They would not want you to stop enjoying life, but rather to live life to the fullest. Doing the activities you love and enjoy will refill you with a sense of excitement and purpose. By slowly moving back into normal everyday routine, your mind will have other focuses and begin to move into a more calm state.

Remember, everyone grieves differently, and there is no exact timeframe when your feelings of loss will subside. Yet, these coping mechanisms will help in getting you through such a difficult period. You never let go of your loved one, but you learn how to let go of the pain. Cherish the time you spend with those closest to you because although their life may not be infinite, the memories you shared will last for eternity—and memories can bring the most comfort of all. 🌍





## Ask The Energy Expert

# “Windows Sweating”

by **Scott Ranck**

I have received several emails from readers wondering why their windows “sweat” during the heating season here in Florida. Like most building science questions there are the quick answers, but you must probe deeper to find the causes of the problem. The quick answer for windows sweating (condensation is the technical word) is that warm air is able to hold more humidity than a cold window (relative humidity is the moisture saturation in the air). As the warm air meets the colder temperatures near and on the window, the colder air and window surface cannot hold the same amount of moisture. When the temperature gets low enough and the air is at 100% humidity, the water vapor turns to liquid. This is called the “Dew Point.”

Relative humidity is called relative because it changes with the temperature of the air mass. For example, 90 degrees and 67% relative humidity will have the same amount of moisture as 110 degrees and 33% relative humidity. The warmer air has a greater capacity to hold moisture. Therefore, the percentage of saturation is less.

Often you will hear the weatherman refer to “dew point.” Dew point is the temperature that occurs when the air mass is fully saturated; relative humidity is 100% when the water vapor becomes a liquid. Studies have been done and charts made (known as psychrometric charts) that show the dew point for various combinations of temperature and relative humidity. So, at 72 degrees with relative humidity at 50% inside your home, the dew point is 52.4 degrees. Say that is your home, the dew point is 52.4 degrees. Say that is the situation in your home and someone gets a shower and doesn’t use the exhaust ventilation

and the home is now 72 degrees with 55% humidity. Now your dew point is 55 degrees! So, if your window surface temperature is 55 degrees or below, you have condensation. If you have a home temperature of 70 degrees with 40% relative humidity, your dew point is 44 degrees. That means if your window surface temperature is 44 degrees or less, your windows will sweat.

Here are some things to improve the situation. An extreme measure would be to replace the windows with an insulated glass and vinyl frame. Our single pane, metal windows will have more condensation issues than a better window. The better window won’t remedy the entire problem. Using your kitchen and bathroom ventilation fans will help keep the relative humidity lower. Raising your temperature a couple degrees will also help because the warmer room will hold more moisture. A dehumidifier may help keep your relative humidity in the 40%-50% range, which is optimal all year round. The problem is we don’t have a cold, dry air mass outside in Florida like in the North. This will be an ongoing battle for us here.

Thanks for reading and for your feedback.

*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).*



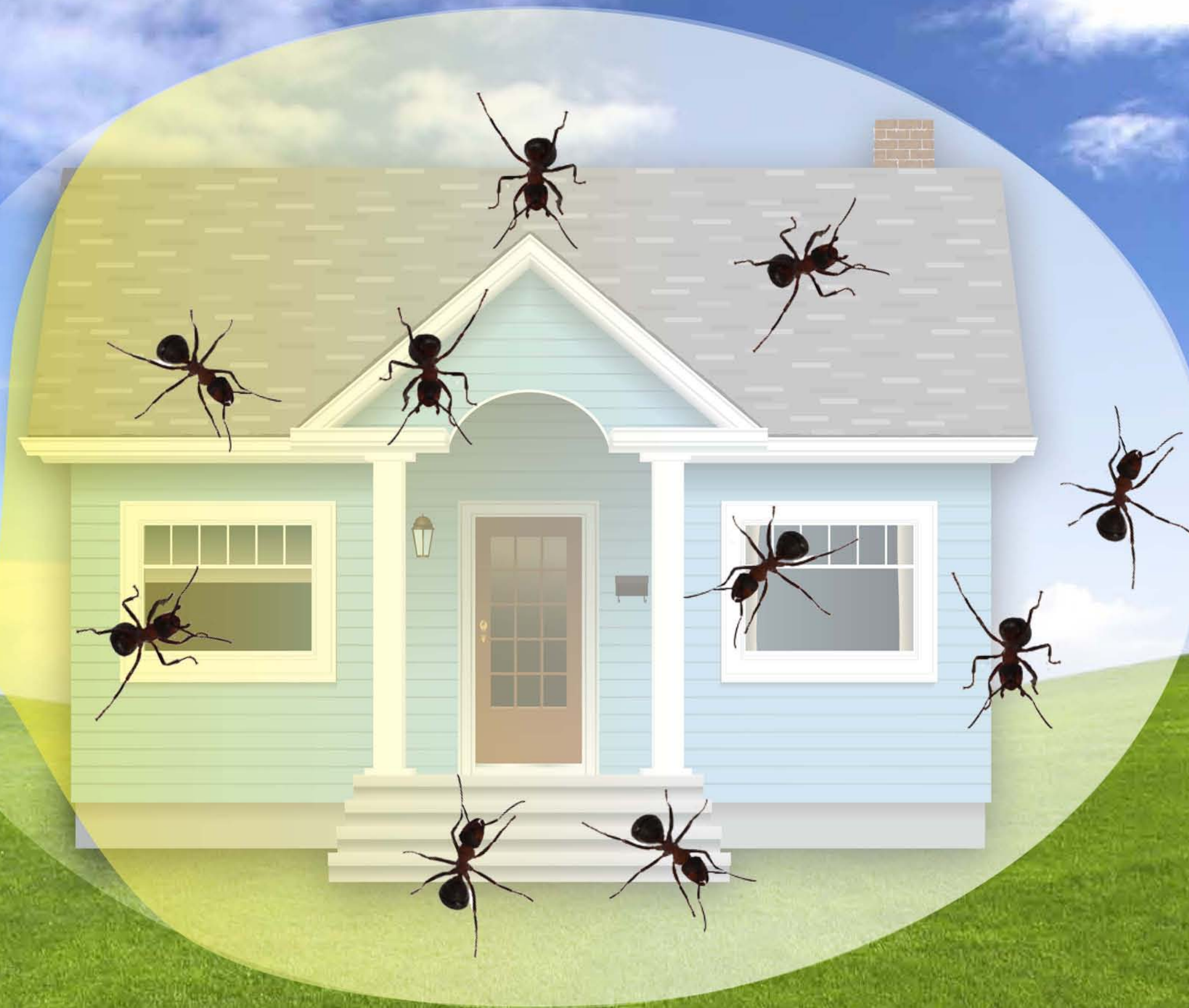


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# Return of the Wolves of Yellowstone

by Lucas Miller



Back in 2005, I wrote a tune called “A Deer In My Cadillac” about the reintroduction of wolves into Yellowstone Park. You can download it at my website: [www.lucasmiller.net](http://www.lucasmiller.net).

Bringing back wolves was, to say the least, controversial. How would you feel if someone released a couple packs of large predators into a park near you? On the other side of the issue, if wolves can’t live in Yellowstone—where can they live? In the end, pro-wolf forces prevailed, and, in the winters of 1995 and 1996, a total of 66 wolves left tracks in the Yellowstone snows that hadn’t been seen in decades.

Why did they disappear in the first place? The early 1900s saw deer and many other “game” animals in steep declines due to unregulated hunting. Wildlife officials decided that controlling predators was part of the solution and promoted indiscriminant hunting of wolves until 1926. Some unknown time thereafter, the last Yellowstone wolf disappeared.

In the wolves’ absence, elk populations exploded, and, being especially fond of the tender shoots of aspen (willow and cottonwood trees) the elk grazed upon them to the point that these forests were failing to regenerate.

For scientists, reintroducing wolves was about much more than the thrill of seeing a dominant predator surveying its kingdom again. They hoped the predators would restore balance to the Yellowstone ecosystem and foster the return of other species that had declined or disappeared in the wake of the ravenous elk.

Within ten years, scientists were noting signs of recovery in aspen forests and the wildlife they support. With the return of cottonwoods and

willows, the slap of a beaver’s tail, once nearly unheard in the park’s 3742 square miles, echoes again with renewed vigor and frequency.

In a 2010 study, however, scientists found that, even though wolves had reduced elk populations dramatically, elk were still gobbling up aspen shoots and preventing forest regeneration. A greater population of wolves would be required, they felt, to bring the restoration for which so many had hoped.

Unfortunately, wolves are now battling microscopic nemeses in addition to local ranchers: parvovirus, canine distemper, mange and more. Their population, once up to 170, has dropped to about 100.

The story of Yellowstone continues to unfold and wildlife managers are now working tirelessly to make sure that wolves are a part of it. Scientists, for their part, are documenting the cascade of effects that ripple through the Yellowstone ecosystems that will inform other efforts to reintroduce top predators. With continued time and support, I hope that Yellowstone can support wolves, aspen, beavers, eagles, foxes and all the other species that have called it home for countless years. 🌍

*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).*





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# There's Something Fishy about My Fish! by Richard Hawkins

There was a time when we could be fairly certain that the items we brought home from a grocery store were what the label claimed they were. Studies by numerous agencies are now proving that today this is not necessarily the case.

As the cost of real food rises, and, as many real food items become harder to find, clever food producers are simply swapping items or adding ingredients to compensate. This is great for profits but not very good for us!

We can find many common examples of products that are not completely what they appear to be: olive oil, honey, fruit juices, spices and milk are just a few. The most common faked food seems to be fish. How common? Oceana recently did a test where they collected more than 1200 seafood samples in 21 states from 674 retail outlets. The results showed that if you pay for fresh tuna, there is a 59% percent chance you got something else. If you were hoping for red snapper, there is only a 13% chance that you will find it in the package that is labeled as such. The best chance of not getting the fish you paid for is in a sushi restaurant.

Someone must be checking the food for consumers, right? While there are safeguards in place, the fact is that 84% of the seafood we Americans consume is imported, but only 2% gets inspected. Plenty of opportunities to fake a fish!

If you are skeptical about a product, there is a global database that is easily searched for results on food fraud <http://www.foodfraud.org>. I typed in "milk" and got 17 pages of results! It is incredible the diversity of cheap "fillers" that have been found that we are not supposed to know about.

We consume many foods for the nutritional and health benefits that they give us. These foods in their natural form provide what we need, but the overly processed, filler-enhanced and outright faked foods cannot provide the same benefit. In some instances, they can actually be dangerous!

## What is a savvy consumer to do?

Our organization "Localecopia" has always advocated the benefits of knowing your food. We have been active in finding ways to help

connect the consumer to the producer and to eliminate all the steps in between. Here are some suggestions on what you can do:

- Go to green markets, and develop relationships with the sellers. Find out where the products actually come from.
- Look for organic products, and shop at markets that specialize in them.
- Get to know a quality fish market, and don't be afraid to ask them questions. If you trust them, ask what restaurants they sell to.
- Don't get hung up on a species. It is best to select local and sustainable.
- Certifications such as Marine Stewardship Council (MSC) are helpful.
- Buy products as whole and unprocessed as much as possible, especially fish.

As you may have heard, you are what you eat. Shouldn't you know what that is? 🌍

*Localecopia is a nonprofit organization based in Palm Beach, Florida focused upon bringing businesses, producers, educators and government organizations together for the purpose of lessening our carbon footprint by supporting local product consumption, helping operations better utilize waste and bringing together individuals to help achieve sustainable business practices. For information about Localecopia, please visit [www.localecopia.org](http://www.localecopia.org).*



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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.



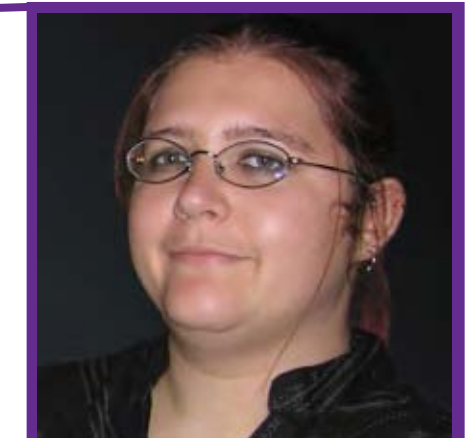
## GLENN SWIFT

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](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."



# The Archive











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# The Archive

