



# Our Wonderful World

July, 2013  
Volume 4 :: Number 7

## The Art of Living Green



The Life You Are  
Living is the Life  
You Are Creating

Alcatraz  
The End of the Line

The Wonders of  
Essential Oils

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

Our Wonderful World





# Table of Contents

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

## Contributors and Advertisers

## Letter from the Publishers

## Cover Story

The Life You Are Living Is the Life You Are Creating  
*by Melissa Jean Quiter*

## Travel

Alcatraz — The End of the Line  
*by Glenn R. Swift*

## Green Goings

Northern Palm Beach County Chamber Hosts  
Leadership Awards Dinner  
*by Glenn R. Swift*

The World Comes to Florida  
*by Stan Bronson*

## Health & Wellness

Pearls of Wisdom from the Green Goddess  
The Wonders of Essential Oils  
*by Sharon Quercioli*

Hyperbaric Oxygen Therapy  
Medical Marvel for the Millennium  
*by Laura H. Betts*

## Eating Well

Kale Is King  
*by Sharon Quercioli*

## Going Green

Here's to Good Friends and Good Health  
*by Sandra Frens*

Ask the Energy Expert  
Introduction to HERS Scores  
*by Scott Ranck*

## Nonprofit/Charity

Let's Wish Upon Our Star  
*by Richard Hawkins*

## Flashback in History

When Britain Stood Alone  
*by Glenn R. Swift*

## Green Goodies

Wine Bottle Tags & Cards

## Meet The Team



**Click Here for the Downloadable pdf!**



Our Wonderful World  
Volume 4 Number 7



## Contributors and Advertisers

**Evo Merchant Services**

**Florida Earth Foundation**

**Florida Public Utilities**

**HyperbaricsRx**

**Localecopia**

**Loggerhead Fitness**

**Northern Palm Beach County Chamber of Commerce**

**Nozzle Nolen**

**Robby Antonio Photography**

**RT Taxes**

**Sean Reed Consulting**

**Seaview Radio 95.9 FM**

**Sprouts!**

**The O2 Zone**

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

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

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

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

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

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

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

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

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

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

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

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

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

[www.theO2zone.com](http://www.theO2zone.com)



# Our Wonderful World

The Art of Living Green

### President & Co-Publisher

Sharon Quercioli

### Operations Manager

Kristin Purcell

### Editor in Chief & Co-Publisher

Glenn R. Swift

### Webmaster/IT Coordinator

Sean Reed

### Art Director

Sandra Frens

### Contributing Writers

Laura H. Betts, Stan Bronson,  
Sandra Frens, Richard Hawkins,  
Sharon Quercioli, Melissa Jean Quiter,  
Scott Ranck and Glenn R. Swift

### Contributing Photographers

Robby Antonio, Sharon Quercioli,  
David Randell and Glenn R. Swift

Volume 4, Number 7. Our Wonderful World is published monthly by Our Wonderful World Media & Entertainment, Inc. 7713 Sandhill Ct. West Palm Beach, FL 33412. Register for complimentary subscription at [www.owwmedia.com](http://www.owwmedia.com). For general and advertising inquiries, contact Glenn R. Swift at (772) 323-6925 or [glenn@owwmedia.com](mailto:glenn@owwmedia.com).

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





Welcome to the July, 2013 issue of ***Our Wonderful World***, Florida's leading green digital magazine. Our cover story, "The Life You Are Living Is the Life You Are Creating" by Melissa Jean Quiter, underscores one of the most important laws of the universe—"The Law of Attraction." This story is sure to open your eyes.

Speaking of enlightenment, the Green Goddess does just that by teaching us all about the many wonders of essential oils in Pearls of Wisdom. The Goddess bestows upon us even more great knowledge with "Kale Is King" in Eating Well.

Our travel story is a bit different this month and takes you somewhere you probably haven't had on your short list of favorite destinations...until now! Be sure to check out, "Alcatraz: The End of the Line."

Kudos to Sandra Frens for helping to remind us about what is truly important in our lives with "Here's to Good Friends and Good Health," and an "atta boy" to Scott Ranck in explaining HERS scores in Ask the Energy Expert. What's a HERS score? Well, if you're a homeowner... you better read the story!

Richard Hawkins of Localecopia does a fine job of expounding upon the vast potential of solar energy, while Stan Bronson of the Florida Earth Foundation reminds us of the

vital role the Sunshine State is playing in safeguarding one of our planet's most essential, life-sustaining resources—water.

Last, but not least, we bring you the first of a new feature in Our Wonderful World-Flashback in History. This month's story focuses upon Great Britain's heroic struggle against Nazi Germany, specifically July of 1940 with the onset of what has come to be known as the "Battle of Britain." Our Wonderful World pays tribute to the British people during that pivotal time in history "When Britain Stood Alone" against one of the most powerful and most evil military machines in history.

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



***Sharon***

Sharon Quercioli,  
*President*  
sharon@owwmedia.com



***Glenn***

Glenn Swift,  
*Editor in Chief*  
glenn@owwmedia.com

FROM THE PUBLISHERS





# THE LIFE YOU ARE LIVING IS THE LIFE YOU ARE CREATING

by Melissa Jean Quiter

**D**o you ever look around your life and think, “This isn’t the life I wanted. How did I get here? This is not what I envisioned!”

Well, you certainly aren’t alone in that thought. In fact, my clients so often share this thought with me that I have given it its own name. I call this “Being Caught in the Expectation Gap.” The “expectation gap” is the gap between living the life you think you are creating and living the life you are actually creating. Dissatisfaction, frustration and disillusionment are experienced most prevalently when you expect one thing to happen and something else entirely shows up.

The truth is that you are always creating. You are the sole creator and attractor of all experiences in your life. Now, don’t get me wrong, I don’t believe you fall into the expectation gap when you are creating using all your tools and resources. Quite the contrary. You fall into the expectation gap when you are only aware of what your conscious mind is desiring and you are ignoring the other 88% of your mind — your subconscious mind, where all the other amazing parts of you live with a multitude of desires.

Every person, you included, has multiple parts that make up the whole of who you are. These parts of you live in your subconscious mind. They are the various aspects of your personality that make you the rich and complex human being that you are. Each part of you has one primary function — an intention as it were — something it wishes to provide you or ensure for you. And

every intention, at its core, is always good and chosen with your best interest at heart. Now, the way these various parts ensure their intentions are being met is through the use of behaviors. The behaviors that you display are actually driven by these various parts of you happily fulfilling their intentions for you.

The hiccup to this system comes when a part of you chooses a behavior that is limited or contradictory to another part of you. This is when you experience what is called a conflicting intention. Every part does have your best interest at heart, but it cannot always see the full picture (or the picture changes after an initial behavior is chosen). Thus, if you are not consciously seeking to know all the aspects of yourself and how all the various environments that make up your life interact (like relationships, finances, career, health, etc.) you will find yourself experiencing conflicting intentions that block you from creating and manifesting what you believe you are creating. You cannot focus your pure energy on two completely opposite intentions. Thus, you end up creating the one that gets the most energy, if you are aware of it or not. Ultimately, you end up in the expectation gap frustrated, confused and back to the original thought of this article — not living the life you envisioned.

For example, if a part of you wants to get a raise at work because you have a baby on the way, that part knows you must work longer hours to prove you deserve more money. The behavior chosen is to go into work earlier and stay later. The more you work, the more people rely on this





people expect you to be there as you have been. You may look at your life at this moment and not really understand. You may ask, “Why me? Why am I always the one that gets stuck with all the extra work? All I really want is to be at home with my baby. Isn’t that what is really important in life?” In reality, you have simply created two intentions and, in this situation, they actually are based on the same overall intention — to provide for your baby. However, by not acknowledging your own assessment that to provide for your baby you need more money and that means longer hours. You feel that you are not creating the life you want now. You think your life is being controlled by the requirements of your job and to the detriment of your family life. In truth, you have two beliefs that are butting heads because they are not being integrated.

Creating is something that you do naturally. You either create deliberately, by knowing what is happening in all the areas of your life and how they fit together, or you do it by default, by being only consciously aware of what you are creating and ignoring all those other aspects of yourself that they are also playing a very active and influential role in the creation of your reality.

When you don’t take into account the whole you and your responsibility for what is happening in your life, you become a person living at effect (instead of at cause). The universal Law of Cause and Effect says — for every cause there is a reciprocating effect and for every effect there is a preceding cause. When you are creating by default — without full awareness of all the desires,

intentions and aspects of the whole you — you cease to be in the power space of cause. You are not deliberately causing the events of your life, you are responding to them. This is when you end up in the expectation gap.


Understanding the powerful creator inside of you is the first step in deliberately manifesting the desires most important to you. By breaking down your life into the segments that create it, what I call the Nine Environments of Holistic Living, you give yourself the opportunity to see what you truly desire and where your energy is being distributed. This is how you discover that you may have one intention (as displayed by one behavior or desire) in one part of your life and have another intention (displayed by another behavior or desire) in another part of your life that is opposite. Without taking the time to articulate each desire, what it means to you and why, you often are not aware of what the whole you is truly up to.

Once you do get the full picture, you then must seek out the possible conflicts. These conflicts are at the core of the expectation gap. When you have two competing desires, you end up sabotaging either one or both of the desires. No matter how much you positively focus your energy, you negate it with the other desire. In my program, “Being Spiritual Doesn’t Mean Being Poor! How to remove what blocks you from making money & creating happiness,” I offer 17 questions for each desire to get at its core. I then offer a comparison exercise for each of those questions to ferret out the competing forces. You can do this on your own, though, by simply comparing desires from

behavior continuing. When the baby comes, another part of you — the part of you that loves your new baby — emerges. You desire to spend time with your new child and show it love, affection and

protection. However, the behavior that you are still “choosing” is working many long hours at the office. It appears, though, that it is not really “your choice” as there is just so much on your plate and





one environment to the other. When you do find the conflicts, you have found the saboteur keeping you from manifesting.

The next step is clearing up your space so you can create what you truly want. There are many programs and exercises available to assist in this process. You cannot skip this step. You cannot focus pure energy with cluttered space. My preference, for meeting the aspects of yourself holding competing intentions, is Neuro-Linguistic Programming, also known as NLP. NLP is an advanced form of communication that can be used with others, but more importantly, with yourself. You can go beyond the conscious mind into the subconscious mind where your intentions, beliefs and behaviors are structured to make the changes needed for clearing. However you choose to achieve this step, it is imperative to deliberately creating the life you desire.

In the end, when you are aware of the whole you and what you are creating, my favorite method for bringing it all together is the Law of Attraction. The Law of Attraction is based on quantum physics and the idea that everything is energy. It says: That which you focus your attention on is what you create more of in your life — wanted or unwanted. Learning to raise your vibrations to attract more of what you want and less of what you don't want allows you to take direct and indirect action toward the creation of your life. A tool that I created to offer a daily structure for engaging my creator is the Process of Deliberate Creation. This process gives me what I need on a daily basis to practice and master being the

creator of the life I want to be living.

Simply becoming aware of the whole you and uncoving those conflicting intentions will have a huge impact on the manifestation of your desires. When you have a clean slate from which to create from, the tools for creating come much easier and provide amazing success. I encourage you to begin the journey. The rewards are nothing short of living your dream life! 🌍

*Melissa Jean Quiter — About the Author*  
Quiter authors the 4-phase, life and business-changing program, “Being Spiritual Doesn’t Mean Being Poor!” How to remove what blocks you from making money and creating happiness: [http://www.selfgrowth.com/experts/melissa\\_jean\\_quiter.html](http://www.selfgrowth.com/experts/melissa_jean_quiter.html) . She teaches a simple, yet profound, daily process for deliberately creating your life in her book, *My Cat Made Me a Millionaire...* (and how yours can too!). For more information, please visit [http://www.selfgrowth.com/experts/melissa\\_jean\\_quiter.html](http://www.selfgrowth.com/experts/melissa_jean_quiter.html)

To read more, go to <http://www.articlesbase.com/motivational-articles/the-life-you-are-living-is-the-life-you-are-creating-1991.html#ixzz0wP2JjeH7>.





# Cards that Grow Flowers



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

[Click Here to see all of Sprouts! Products](#)

Greeting Cards  
Memorial Cards

Bookmarks  
Favors

Holiday Cards  
Custom Pieces

Phone: 561-840-8089

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

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





# ALCATRAZ

## The End of the Line

by Glenn R. Swift



Rising from the chilly depths of San Francisco Bay, the island of Alcatraz stands as an ominous reminder of an inglorious past.

First discovered by Spanish explorer, Juan de Ayala, the island derives its name from the Spanish word for pelican. But for generations of Americans, the very mention of the island's name sent chills down one's spine. And for those condemned souls confined by its stark cold walls, Alcatraz was the end of the line.

Shortly after the annexation of the western territories from Mexico in 1848, a U.S. military installation was constructed to provide coastal defense for the burgeoning city of San Francisco, then undergoing explosive growth as a result of the California Gold Rush. However, with the introduction of rifled artillery a decade later, the military soon recognized that brick fortifications had become obsolete. Seeking an alternative purpose for the extensive structure, it was soon decided by the authorities that Alcatraz would be best suited as a military prison. Known officially as the United States Disciplinary Barracks, Alcatraz served in this new role for the next eight decades.



**CELL 181**  
Prisoner #85  
Alphonse "Scarface" Capone  
Occupied This Cell



With the rise of organized crime during the Great Depression, the Department of Justice began an exhaustive search for a location to construct an escape-proof maximum security prison. With a ready-made facility surrounded by the bone-chilling, swift currents of San Francisco Bay, Alcatraz was quickly chosen as the ideal site.

After ten months of "renovations," the island became a federal prison in August of 1934. Quickly nicknamed "The Rock" by inmates, for the next 29 years Alcatraz housed some of America's most violent and notorious criminals. The legendary Al Capone, Robert Franklin Stroud (the "Birdman of Alcatraz") and Alvin Karpis, who served more time at Alcatraz than any other inmate (25 years), were some of The Rock's most well-known "residents."

Alcatraz's role as a federal penitentiary was relatively short lived. By decision of U.S. Attorney General Robert F. Kennedy, the penitentiary was closed for good on March 21, 1963. The prison was closed because it was far more expensive to operate than other prisons, and the bay was being polluted by the sewage from the approximately 250 inmates and 60 Bureau of Prisons families on the island. Consequently, it was deemed easier to build a new, traditional, land-bound prison than to pay for all the upkeep and support the Alcatraz prison required.





The Rock had definitely lived up to its intended purpose of providing an escape-proof facility. During its 29 years of operation, the penitentiary never logged any officially successful escapes. In all attempts, escapees were either shot dead or believed to be drowned in the frigid San Francisco Bay. Thirty-six prisoners were involved in attempts; seven were shot and killed, two drowned, five unaccounted for, the rest recaptured. Two prisoners made it off the island, but were returned, one in 1945 and one in 1962. Three escapees, Frank Morris, and brothers John and Clarence Anglin, disappeared from their cells on June 11, 1962. This attempt, popularized in the motion picture *Escape from Alcatraz*, was among the most intricate ever devised. Though evidence was discovered that they died in their attempt, they are officially listed as "missing and presumed drowned." Plywood paddles and parts of a raft made from raincoats were found on nearby Angel Island by the FBI. However, to this day no one has surfaced claiming to be or even to have seen the escapees.





One of the most colorful episodes in the history of The Rock took place six years after the prison's closing. In 1969, a group of American Indians from many different tribes, calling themselves the United Indians of All Tribes, occupied the island and proposed an education center, ecology center and cultural center. During the occupation, several buildings were damaged or destroyed, including the recreation hall, Coast Guard quarters and the warden's home. A number of other buildings (mostly apartments) were destroyed by the U.S. Government after the occupation had ended.







After 18 months of occupation, the government forced the Native Americans off the island. But new federal policies designed to enhance Indian self-determination were soon established as a direct result of the occupation. In deference to the occupation, American Indian groups continue to hold ceremonies on the island. Most notable are Columbus Day and Thanksgiving Day when they hold a "Sunrise Gathering."

Interestingly, The Rock's bleak walls also provided housing for the Bureau of Prison staff and their families. Strange as it may seem, some of these folks still fondly refer to the island as "home," and many belong to an organization known as the Alcatraz Alumni Association. Like a happy family, Association members participate in the annual reunion that celebrates the opening of the prison on the second weekend of August. Most are eager to share their favorite stories and experiences about growing up on The Rock.

Today, Alcatraz is listed as a National Historic Landmark supervised by the National Park Service as part of the Golden Gate National Recreational Area. Visitors can reach the island by ferry from Fisherman's Wharf in San Francisco and take a guided audio tour of the old cell blocks. From time to time, some of Alcatraz's former inmates are on hand to give you a first-hand account of what life was like on the Rock. 🌐

*For more information about touring Alcatraz, go to [www.blueandgoldfleet.com](http://www.blueandgoldfleet.com).*





# 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 Hosts 2013 Leadership Awards Dinner

by Glenn R. Swift

The Northern Palm Beach County Chamber of Commerce held its Annual Leadership Awards Dinner on Thursday June 13, 2013 at the renowned PGA National Resort & Spa. The gala occasion has become known as Northern Palm Beach County's premier business event. Guests enjoyed a cocktail hour, silent auction and a delicious meal. Here is a list of the 2013 Leadership Award Recipients:

## **Gaeta Chairman's Award of Excellence**

*Patti W. Hamilton,  
Southern Waste Systems*

## **Business of the Year**

*The Honda Classic/Children's Health-care Charity*

## **Community Leader of the Year**

*Dr. Jean Wihbey,  
Palm Beach State College*

## **Small Business of the Year**

*Kretzer Piano*

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



GREEN GOINGS

Pictured: Patti Hamilton





Beth Kigel, Ed McEnroe and John Carr



Beth Kigel and Dr. Jean Wihbey



Beth Kigel, Kathi Kretzer-Sayler and John Carr



Corinn Raffel, Rick Opton and Sharon Quercioli



Scott MacLachlan, Merle Goldberg, Sharon Quercioli,  
Representative MaryLynn Magar, Cindy Sheldon and Dr. Edward Willey



# THE WORLD COMES TO FLORIDA

by Stan Bronson



*The 2013 Water Ambassadors at Everglades National Park*

Florida received a real treat when 33 graduate students from the United Nation's famed university, UNESCO-IHE, came to study Florida's water, May 24 through June 7. The master's degree students came from 23 countries and attend UNESCO-IHE, located in Delft, a city in The Netherlands. UNESCO-IHE, also known as The Institute for Water Education, is the largest water university in the world and awards only MSc and PhD degrees in a variety of water-related disciplines. The diverse group of students is studying "hydroinformatics," a term coined at UNESCO-IHE describing the computer modeling of water resources, infrastructure or ecology. Applications to attend the institute number between 2,000 and 5,000 per year, with less than 200 being chosen. So, the students coming to Florida represent the brightest in the world. All of them must go through rigorous testing and competition to be accepted into the institute.

Students began their Florida journey by flying from The Netherlands to Tampa and spending a day at the University of South Florida's Patel Center. On Saturday, May 25, the students got the opportunity to see a working cattle ranch by touring the Babcock Ranch near Fort Myers. On Memorial Day they found alligators in Everglades National Park as they road airboats near Tamiami Trail. The rest of the week was spent in technical classes taught by scientists and engineers from

South Florida Water Management District. After a weekend that included a trip to Kennedy Space Center, students saw the Kissimmee River from pontoon boats.

Following a reception that night hosted by UBS and Gunster Yoakley, the last two days were spent with the US Department of Interior studying with US Geological Survey, National Park Service and US Fish & Wildlife Service scientists and administrators. With only two of the 33 students that had been in the US previously, they returned to their studies in The Netherlands changed by their Florida experience and American hospitality.

Florida Earth Foundation has administered the Florida program since its inception in 2005 and has put over 160 students from over 40 countries through the program in the last eight years. Last year Florida Earth saw an opportunity for organizations, companies and individuals to invest in helping produce a more secure water world by engaging the students as Water Ambassadors for those wanting to become program sponsors. Sponsors can choose their Water Ambassadors by registering their choice at <http://floridaeearth.org/ihestudents2013>. Each student sponsorship of \$500 makes available a student photo and bio to use until May 30, 2014.



GREEN GOINGS



# Summertime & The Loving's Easy!



## ★ Save up to \$975 on a Natural Gas Tankless Water Heater!

Take advantage of our **\$675 cash rebate** and a **\$300 tax credit**. Plus, enjoy up to 50% in monthly water heating energy-savings, an appliance lifespan of 20+ years and endless hot water—even when the power goes out\*!

Then, stock up for winter with a **Natural Gas Furnace** and get up to **\$725 cash back** and a **\$150 tax credit**.



\* In the event of a power outage, natural gas tank-style water heaters continue to operate automatically while tankless models require a simple battery.

## Break Free From Old Appliances!

Conserve energy (and get up to **\$2,200 in total incentives**) when you include the following “big four” natural gas appliances:

\$ Natural Gas REBATES	SWITCH to Natural Gas Appliances	REPLACE Old Natural Gas Appliances	BUILD With Natural Gas Appliances
TANK WATER HEATER	<b>\$500</b>	<b>\$350</b>	<b>\$350</b>
HIGH-EFFICIENCY TANK WATER HEATER <sup>1</sup>	<b>\$550</b>	<b>\$400</b>	<b>\$400</b>
TANKLESS WATER HEATER	<b>\$675</b>	<b>\$550</b>	<b>\$550</b>
FURNACE	<b>\$725</b>	<b>\$500</b>	<b>\$500</b>
RANGE	<b>\$200</b>	<b>\$100</b>	<b>\$150</b>
DRYER	<b>\$150</b>	<b>\$100</b>	<b>\$100</b>
SERVICE REACTIVATION <sup>2</sup>		<b>\$350</b>	



Rebates are subject to program terms and conditions. 1 A water heater must have an Energy Factor (EF) of .63 or greater to qualify for a high-efficiency rebate. 2 Service Reactivation rebate is available in Palm Beach, Broward, Volusia, Seminole, and Marion Counties only; also requires 24 months of inactivity and the purchase of a new natural gas water heater.

Spread the Love.  
Spread the Payments!

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

NaturalGasLove.com

888.220.9356

STAY INFORMED:  







# KALE IS KING! by Sharon Quercioli

## THIS AMAZING VEGETABLE HOLDS AN EXCEPTIONAL AMOUNT OF NUTRIENTS

**M**ove over Popeye and your spinach because kale is the new lean, green, health promoting machine! The popularity of kale is growing exponentially, and it's no wonder. This amazing vegetable holds an exceptional amount of nutrients. With all the health benefits and delicious flavor, it's become one of my new favorite veggies, and I have incorporated it into my diet at least three times per week.

Eating a variety of natural, unprocessed vegetables can do wonders for your health, but choosing super-nutritious kale on a regular basis may provide significant health benefits, including cancer protection and lowered cholesterol.

There are few vegetables on the planet that are as healthy as kale. The beautiful leafy green kale comes in a variety of appearances, including curly, ornamental or dinosaur varieties. It belongs to the Brassica family that includes cruciferous vegetables such as cabbage, collards, broccoli and Brussels sprouts.

What makes kale a vegetable health marvel? Here is why it's a champion among natural foods—and ways to work it into your diet.

### Kale is a Nutritional Powerhouse

One cup of kale contains 36 calories, 5 grams of fiber and 15% of the daily requirement of calcium and vitamin B6 (pyridoxine), 40% of magnesium, 180% of vitamin A, 200% of vitamin C and 1,020% of vitamin K. It is also a good source of minerals (copper, potassium, iron, manganese and phosphorus).

Kale's health benefits are primarily linked to the high concentration and excellent source of antioxidant vitamins (A, C and K) and sulphur-containing phytonutrients.

Carotenoids and flavonoids are the specific types of antioxidants associated with many of the anti-cancer health benefits. Kale is also rich in the eye-health promoting lutein and zeaxanthin compounds.

Beyond antioxidants, the fiber content of cruciferous kale binds bile acids, helps lower blood cholesterol levels and reduces the risk of heart disease, especially when kale is cooked instead of raw.





## Super-Rich in Vitamin K

According to the American Journal of Clinical Nutrition, the potent antioxidant vitamin K can reduce the risk of developing or dying from cancer. Kale (as well as parsley, spinach and collard greens) is packed with the powerhouse vitamin K.

Vitamin K is required for a wide variety of bodily functions, including normal blood clotting, antioxidant activity and bone health.

Although vitamin K is a wonder antioxidant, too much can pose problems for some people. Anyone taking anticoagulants such as warfarin should avoid kale because the high level of vitamin K may interfere with the drugs. Consult your doctor before adding kale to your diet.

Kale might be a source of power nutrients, but is also contains oxalates, which are naturally occurring substances that can interfere with the absorption of calcium. It's a good idea to avoid eating calcium-rich foods like dairy at the same time as kale to prevent any problems.

## Easy Ways to Prepare Kale

Quick cooking preserves kale's nutrients, texture, color and flavor. Rinse kale, chop it finely and add it to soups, stews, stir-frys, salads, egg dishes or casseroles. (If you want to cheat a little, you can top a pizza with kale for added nutritional goodness.) Steam kale for five minutes to make it more tender or eat it raw. You can also substitute it for spinach or collard greens in recipes.

Other fast and easy ways to prepare kale:

- Make a simple salad with a bunch of thinly sliced kale, red pepper, onion, raisins and your favorite salad dressing.
- Braise chopped kale and apples, garnish with chopped walnuts and add a splash of balsamic vinegar.
- Toss whole-grain pasta with chopped kale, pine nuts, feta cheese and a little olive oil.
- Cover and cook a pound of chopped kale with a few garlic cloves and 2 tablespoons olive oil for 5 minutes; season with salt, pepper and a tablespoon of red wine vinegar.
- Make kale chips by slicing kale into bite-size pieces, toss with a drizzle of olive oil and a pinch of salt, and bake for 10-15 minutes at 350 degrees in the oven.

The foundation of a healthy diet includes vegetables which are rich in nutrients and fiber, fat-free and low in calories. Adding kale into the mix can enhance the nutritional goodness of your diet and help you eat the recommended 4-5 servings of vegetables every day.

Now you see why Kale is King!



relax. restore. renew.

**Stressed and need a quick fix?**

**GET 1 FREE 15 MINUTE  
ZERO-GRAVITY MASSAGE**



**GET 1 FREE 30 MINUTE  
OXYGEN AROMATHERAPY  
SESSION**

**...for alertness, productivity,  
relief of heads and hangovers!**

**Call 561-630-4040 and mention this ad!**

THE  ZONE

7100 Fairway Drive Suite 42  
Palm Beach Gardens, Florida 33418

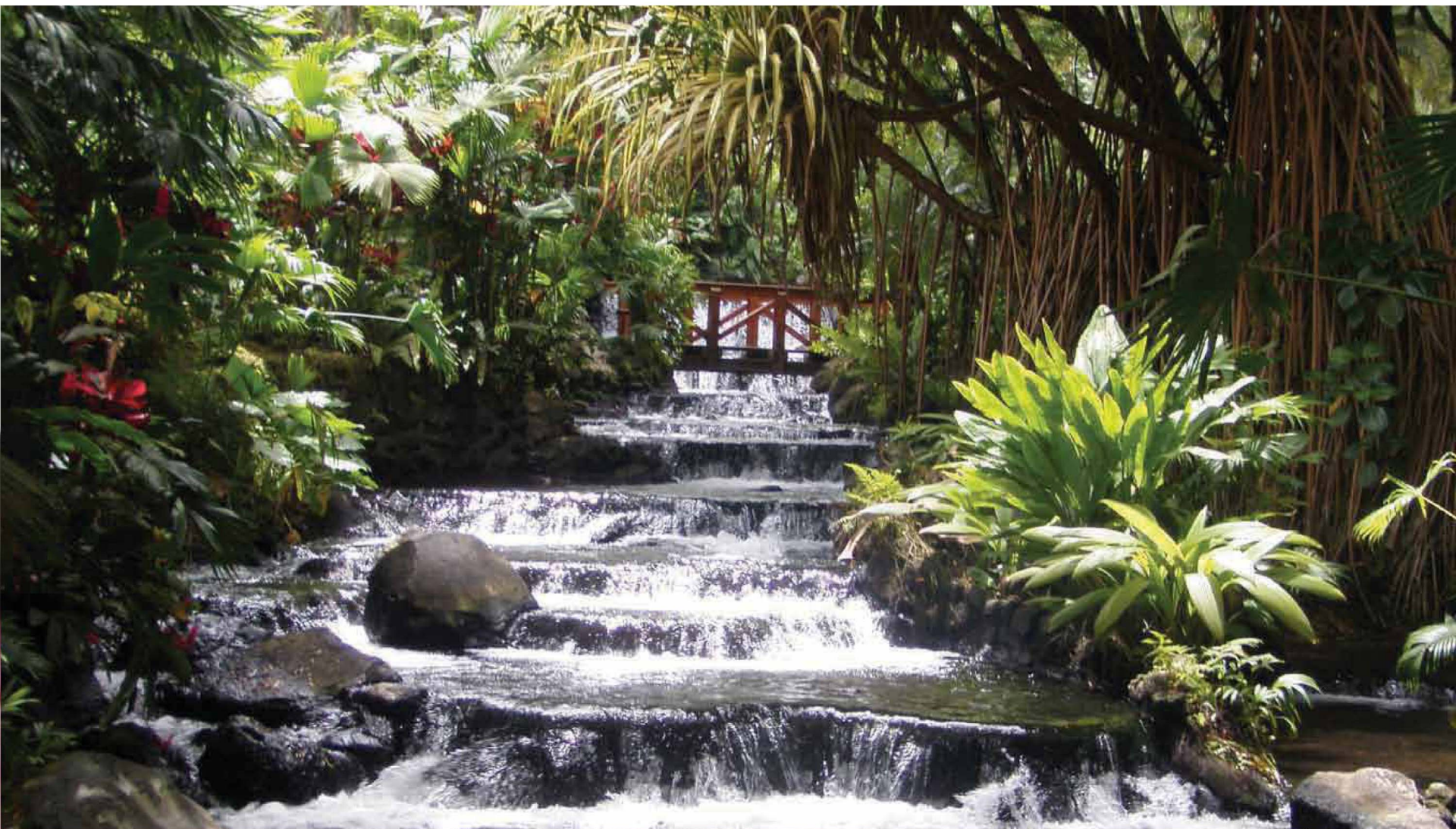
**[www.theo2zone.com](http://www.theo2zone.com)**





# Our Wonderful World Media & Entertainment Inc.

The Art of Living Green 



Sign up now for a complimentary subscription to Florida's leading green digital magazine, Our Wonderful World, by going to [www.owwmedia.com](http://www.owwmedia.com).





# HYPERBARIC OXYGEN THERAPY

## MEDICAL MARVEL FOR THE MILLENNIUM

by Laura H. Betts, ANDI IT, HCO, CHT



**H**yperbaric Oxygen (HBO) Therapy has been used around the world for over fifty years in the prevention and improvement of debilitating conditions and in the enhancement of overall health. HBO Therapy has been clinically proven to produce a more efficient immune system, more rapid regeneration of cells, and is proven to work as a potent anti-aging therapy.

Furthermore, research continues to identify edema (swelling) as an associated and/or underlying cause of pain, disease and chronic illness. Whole-body Hyperbaric Oxygen Therapy is highly effective at reducing inflammation, often after a single treatment. This is one of the many reasons HBO Therapy is compelling as both a primary and adjunctive (combined) viable medical modality.

### WHAT IS HBO THERAPY?

Hyperbaric Oxygen Therapy is a non-invasive, medical treatment that enhances the body's natural healing process. Breathing oxygen in a safe, controlled, pressurized environment allows every fluid in your body (tissues, blood plasma, lymphatic, cerebral, and synovial) to exponentially absorb oxygen and efficiently deliver it to areas where circulation is diminished or blocked.

### HOW IS IT ADMINISTERED?

Medical grade oxygen is delivered under increased pressure inside a comfortable hyperbaric chamber. (Hyperbaric means above normal atmospheric pressure.) While there are different types of hyperbaric chambers, delivery mechanisms are the same. The patient must breathe oxygen while the body is surrounded by pressure to receive the benefits. Like medicine, doses are specifically prescribed by a doctor and supervised by a trained technician or nurse in attendance. Sessions (commonly called "dives") generally range from 45 to 90 minutes.

During the dive, the patient is usually lying down. They may choose to nap, meditate, read or relax. After the session is complete, the patient typically feels rejuvenated, calm and experiences an overall sense of well-being.



HEALTH & WELLNESS



## WHAT CONDITIONS ARE TREATED WITH HYPERBARIC OXYGEN THERAPY?

While first identified with SCUBA diving injury and wound care treatment, HBO Therapy is currently used around the world in the treatment and disease management for over 150 conditions. Hyperbaric Oxygen Therapy has been clinically documented to be effective for Neurological Disorders including Multiple Sclerosis, Parkinson's and Diabetic Neuropathy; Edema Issues including Migraines, Reflex Sympathetic Dystrophy (RSD) and Inflammatory Arthritis; Autism Spectrum Disorders; Cosmetic and Post Surgical Recovery; Wound Healing including Arterial Insufficiency, Thermal / Chemical Burns and Diabetic and Problem Wounds; Gastric Conditions including Crohn's Disease, Colitis and Ulcers; Orthopedic Disorders including Osteoporosis, Vascular Necrosis and Degenerative Joint Disease; Auto Immune Related Disorders including Candidas and Fungal Infections, Fibromyalgia, Lupus and HIV/AIDS; Traumatic Brain Injury including Stroke, Closed Head Injuries and Cerebral Palsy; Lyme Disease and Macular Degeneration. HBO Therapy is also used for sports injury recovery, general wellness, performance enhancement and detoxification.



## ARE THERE ANY SIDE EFFECTS FROM HYPERBARIC OXYGEN THERAPY?

There are no known side effects from utilizing HBO Therapy. You will need to adapt to the changes in pressure similarly to the ear equalization experience of takeoff and landing in an airplane.

### WHAT'S NEXT?

Too many physicians are unaware of the far reaching benefits and healing potential of HBO Therapy. Many regard HBO Therapy as only viable for treating SCUBA diving injuries commonly known as "the bends." However, through greater education and research more doctors are getting the message that HBO Therapy not only provides relief, but actual permanent recovery.

Around the world, the modern application of hyperbaric medicine continues to grow. Advances in research and development show promising results in the treatment of cancer, stem cell mobilization and further disease prevention. Whether you are simply looking to maintain an optimal balance of health and wellness, restore vitality or regain quality of life, Hyperbaric Oxygen holds the key.

For more information on the benefits of Hyperbaric Oxygen, contact your Hippocrates Health Professional and visit [www.HyperbaricsRx.com](http://www.HyperbaricsRx.com) - Your Oxygen Experts. 🌍



## HYPERBARICSRX



*Laura H. Betts is the President and founder of HyperbaricsRx, offering Hyperbaric Oxygen equipment, consulting, service and training for individuals, clinics and medical facilities. A professional educator since 1989,*

*she is internationally certified to teach a variety of hyperbaric courses from HBOT 101 to physician level specialization. Betts has worked with hundreds of families, providing personalized, in-home training for special needs children, injured, disabled and chronically ill family members. She is devoted to increasing the awareness of the extensive potential applications and benefits of Hyperbaric Oxygen Therapy. Betts is a retained consultant for hyperbaric medical facilities, SCUBA professionals, fire rescue companies and charitable organizations. HyperbaricsRx is located at 4654 North University Drive, Lauderhill, FL 33351. (877) 589-9998*

HEALTH & WELLNESS



# PEARLS OF WISDOM FROM THE GREEN GODDESS



## *The Wonders of Essential Oils*

*Quote of the Month: "Healing Is a Choice—Make It Yours"*

by Sharon Quercioli

**F**reshly cultivated and steam distilled, essential oils are life-enhancing gifts from the plant kingdom, revered for centuries for their restorative properties to body, mind and spirit. Pure essential oils have become an important solution to the challenges facing modern lifestyles.

Superior to all other supplements, Young Living's therapeutic-grade essential oils deliver positive benefits to the body through smell, direct absorption into the skin and by normal digestive processes. Antiseptic, calming, stimulating and soothing, Young Living's essential oils bring balance to all systems of the body.

Recently, I have been speaking with several people who want to know more about alternative ways to promote a healthy lifestyle. The great news is that whether the oils are used as a bug repellent or as a healing agent for stomach ache, cramps, stress or anxiety, there are many ways Young Living products can change your everyday life.

Essential oil testimonials are an effective way of learning and sharing information. With this knowledge, we can take control of

our own personal health. I would like to share with you some of the different uses for these Young Living essential oils of which I have received many testimonials. I suggest to everyone to print out and laminate the different uses of Young Living Essential Oils so that we can show others how to begin replacing the chemical stuff in our medicine cabinets!

Remember not to expect the same results unless you are using Young Living Therapeutic Grade essential oils and supplements.

*To purchase Young Living essential oils or other Young Living products, contact Sharon Quercioli at [Sharon@owwmedia.com](mailto:Sharon@owwmedia.com) and mention Young Living!*

"These statements have not been evaluated by the FDA. Products and techniques mentioned are not intended to diagnose, treat, cure or prevent any disease. Information provided here is in no way intended to replace proper medical help. Consult with the health authorities of your choice."



# Choose to fill your “medicine” cabinets with fast, effective natural alternatives!

Young Living Essential Oils have over 150 Therapeutic/Medicinal-Grade oils, which can be used for everyday issues from simple to severe.

Do not be fooled by other essential oil companies that claim this.

Young Living has set the standard for the HIGHEST QUALITY oils on the market.



## Frankincense

- Neosporin/Bacitracin
- Mederma
- Scar Away
- Scar Zone
- Blister Shield
- Azo Cranberry
- Neutrogena
- Oil of Olay



## Lemon

- Children's Tylenol
- Children's Motrin
- Chloroseptic
- Imodium-AD
- Pepto-Bismol
- Mucinex
- Alli
- Azo Cranberry



## Lavender

- Neosporin/Bacitracin
- Aleve/Motrin
- Advil Sinus
- Tylenol PM
- Unisom
- Zyrtec/Claritin D
- Benedryl
- Calamine Lotion



## Peace & Calming

- Unisom
- Tylenol PM
- Benedryl
- Stress & Anxiety
- Ultimate Stress Pills
- Zanaflex



## PanAway

- Bengay
- Mineral Ice
- Icy Hot/Biofreeze
- Aleve
- ThermoCare
- Aspercreme
- Motrin/Advil
- Midol



## Valor

- Advil
- Ibuprofen
- Motrin
- Tylenol Arthritis
- Bengay
- Sleep Apnea Eze
- Breathe Right Strips



## Peppermint

- Pepto-Bismol
- Imodium-AD
- Tums/Rolaid
- Mylanta
- Prilosec/Zantac
- Tylenol/Motrin
- Beano/Gas-X
- Midol



## Thieves

- Dayquil/Nyquil
- Chloraseptic
- Robitussin
- Abreva
- Orajel
- Lamisil/Lotrimin
- Vicks Vapo Rub
- Nicorette



## Purification

- Calamine Lotion
- OFF!
- Bactine
- Proactiv/Clearasil
- Benedryl Topical
- Cortaid
- Cortizone-10
- Vagisil

# HEALTH & WELLNESS



# In 2013



**LOVE YOURSELF**  
not your handles



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

#### FEATURING:

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

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

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

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

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



**561-625-3011**

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

**www.LoggerheadFitness.com**





# Here's To Good Friends and Good Health

by Sandra Frens

Suddenly your phone rings and, to your delight, you've been invited to a dinner party Friday night. The first thought that come to you is, "Aww, how sweet of them to invite me over." Then you realize today is Thursday and tomorrow is the dinner party! The anxiety hits you: what am I going to bring? A list of various potential offerings start running through your head and then you get to the perfect item—a nice bottle of red wine. Whether it's a dinner party with friends, a birthday or some other celebration, red wine always makes a great gift. By giving a gift of red wine, you are not only showing appreciation to your host/hostess, but you are also giving them wishes of good health.

Red wine (when consumed on a moderately regular basis) provides an amazing array of health benefits:

## **Longevity**

A compound in red wine called resveratrol has been shown to increase lifespan in animal studies.

## **Brain Health**

Resveratrol has been shown to protect against Alzheimer's disease and dementia.

## **Heart Health**

Red wine has been shown to reduce the risk of heart and cardiovascular disease thanks to the resveratrol and other anti-oxidants that it contains.

## **Lung Cancer**

Researchers from the University of Santiago de Compostela in Spain found that each glass of red wine per day reduced the risk of lung cancer by 13%.

**Prostate Cancer** Four or more glasses of red wine per week have been shown to reduce men's overall risk of prostate cancer by 50% and the risk of the most aggressive forms of prostate cancer by 60%.

## **Breast Cancer**

Moderate consumption of red wine is believed to lower the risk of breast cancer. However, drinking more than 1 or 2 alcoholic drinks per day appears to increase the risk of breast cancer in women, so moderation is key.

## **Inflammation**

Resveratrol has been shown to have anti-inflammatory properties, which helps overall physical health since many diseases and ailments can be attributed to inflammation.

## **Cholesterol**

Resveratrol has been found in studies to lower LDL cholesterol, while another ingredient in red wine, saponins, also has cholesterol-lowering properties.

Now, when you give that bottle of precious rejuvenating liquid of Dionysus, you'll want to make sure the host/hostess knows where it came from. Most of us would think to pair the bottle with a card, but cards often get separated from the bottle. The best way to assure that your host knows the wine came from you is with a wine tag. The wine tag is easily slipped over the neck of the bottle and lets the host/hostess know where it came from. Some of the cutest wine tags can be purchased from Sprouts! at [www.sproutem.com](http://www.sproutem.com). Sprouts! has six different styles, all of which are sure to bring a chuckle to the reader. The best thing about the wine tags from Sprouts! is (just like all their other products) that when planted they will grow beautiful wildflowers.

Here's to good friends and good health, Cheers!

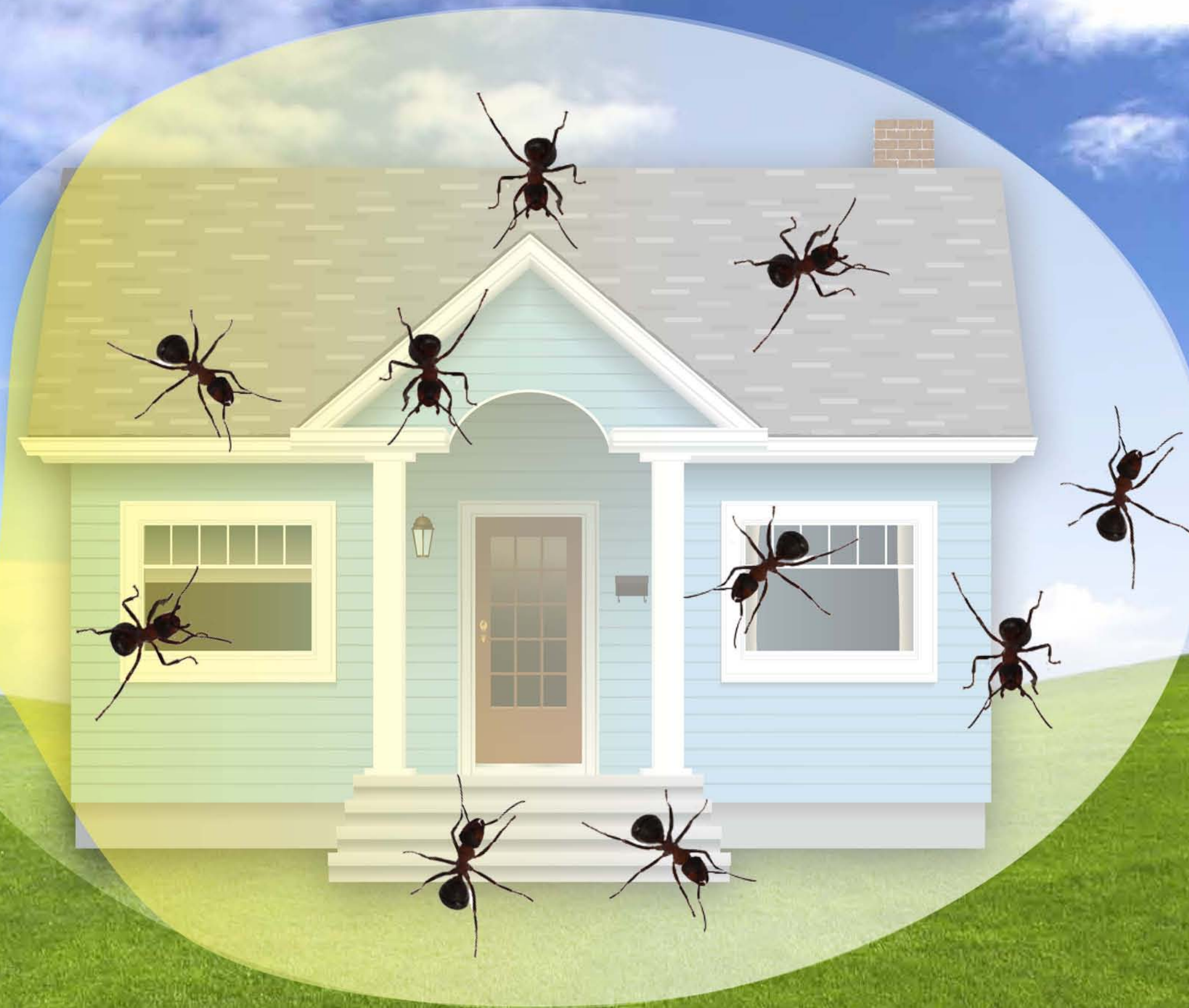


# Protection You Can Count On

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



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





# Ask the Energy Expert “Home Energy Rating System”

by Scott Ranck




The HERS Score (Home Energy Rating System) is a diagnostic tool that shows how much energy a home is designed to use. The HERS Score is a national standard that is used by many programs including the ENERGY STAR® Certification Process. The score is determined by comparing your “as built” home to a geometric clone that uses the 2006 International Energy Conservation Code. A score of 100 means that your home is equal to the code home for potential energy use. Each number either lower or higher represents a 1% efficiency variation with the lower score being better.

Many older homes on the market may score a 150 showing a high energy use. A brand new ENERGY STAR Certified home will have a score in the 60-65 range. This is a major consideration when deciding whether to buy an older home or have a new home built. A home built to the Florida Energy Code today would have a score of approximately 78-82, which means that the home is 25-50% more efficient than the older home.

Those numbers represent dollars on your monthly utility costs. When buying a home, it is crucial to consider the total cost of ownership. You have a mortgage, taxes, insurance AND monthly energy costs. Building an energy efficient home can reduce your

monthly costs \$50-100 or more a month. The cost of building a high performance home may add \$20-30 to your mortgage payment, but a smart buyer would trade a \$30 a month increase to the mortgage to gain \$80 savings a month in utility costs!

Including high efficiency natural gas products to a new home can lower your HERS Score considerably. A natural gas tankless water heater will lower the HERS Score 6-7 points!

You can learn more at [www.resnet.us](http://www.resnet.us) or [www.fpuc.com](http://www.fpuc.com) or [www.fpuc.com/energyexpert](http://www.fpuc.com/energyexpert). 

*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).*



GOING GREEN



# *Seaview* 95.9FM

Frank Sinatra    Four Seasons

Rod Stewart    Michael Buble

The Beatles    Air Supply

Neil Diamond    Elton John

Chicago    Dean Martin

Boz Scaggs    Bette Midler

Bobby Darin    Diana Ross

The Eagles    Dionne Warick

Have you listened lately?





# LET'S WISH UPON OUR STAR

by Richard Hawkins

Life on our planet is solar powered. Plants are the original solar collectors and are the basis of the food chain. The amazing diversity of life on our planet (including us) is made possible by our nearest star, the sun. There is an unimaginable amount of clean energy available to us from this source. We just need to take advantage of it.

In an incredibly short time in the history of our planet and in human existence, we have developed a reliance upon an energy source that is unsustainable and unhealthy. In retrospect, it

seems ridiculous that we have built the human society around an energy source that could ultimately be our demise.

We know the damage that burning carbon-based fuels has caused and are getting a pretty clear picture of how it will shape our future. With recent news that atmospheric carbon dioxide has surpassed 400 parts per million and dramatically affecting our climate, one would think that we would be pouring our research and resources into logical alternatives. Even if we continue as is, carbon-based fuels will eventually be depleted. We can only guess when this will occur, but recent estimates show oil may last another 50 years, natural gas about 70 years and coal around 120 years. The sun is expected to be around for another 5 billion years!

We spend a lot of time debating the energy projects that can transport dirty oil from Canada, drilling for oil in new and pristine places and making coal burn cleanly. We also place an inordinate share of our research and economy into trying to expand and clean up carbon energy. I drive the Bee-line Highway daily and am watching the construction of a massive pipeline to transport natural gas to burn in power plants. Why aren't we building a solar infrastructure?

Florida is the Sunshine State and we should be a leader in solar energy production. We are lagging behind areas that have far less solar exposure with countries like Germany far ahead of us in harnessing the power of the sun. Japan is now making huge invest-

ments in solar following the recent issues that have resulted in taking nuclear power off-line. Even Minnesota has passed a law requiring utilities to get more power from solar.

We know the damage fossil fuel energy has caused in just a few generations. We have learned the lessons of experiments with alternative energy sources including the damage from the dams in rivers, from nuclear accidents and no clear alternatives for the waste they produce.

It seems the largest barrier to a large-scale conversion to safe renewable energy has been cost. The small gap in cost per watt from burning carbon fuels as opposed to solar energy helps keep our focus upon refining what we have become accustomed to - fossil fuels. If we can just look a little further into our future, it should be clear that we cannot wait much longer to truly embrace the power of our star. 🌍

*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).*



NONPROFIT / CHARITY





MERCHANT SERVICES  
Platinum Services Group

# EXPERIENCE STABILITY STRENGTH

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

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

**START** PROCESSING  
WITH US  
**TODAY!**

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



# Looking For...



Qualified Salespeople  
for



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

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



# FLASHBACK IN HISTORY: JULY, 1940 WHEN BRITAIN STOOD ALONE

by Glenn R. Swift

**"AMERICA HAS NO TRUER FRIEND THAN GREAT BRITAIN."  
PRESIDENT GEORGE W. BUSH SEPTEMBER, 2011**

Seventy-three years ago in July of 1940, Great Britain was in the midst of a life-and-death struggle with Nazi Germany. Following the fall of France a month earlier, the United Kingdom found herself standing alone against one of the mightiest and most evil military machines the world has ever known.

Throughout that summer and fall, the German Luftwaffe carried out a relentless air attack on London and many of Britain's key industrial cities as a precursor to invasion. Initially, Britain's fate was very much in doubt as casualties mounted and reserves of Royal Air Force pilots and aircraft were stretched to the breaking point. This proud nation that had contributed so much to civilization and which until a generation earlier had ruled over a quarter of the globe, now faced annihilation.

Despite the overwhelming odds against them, the British people remained steadfast during what has come to be known as the "Battle of Britain." Thanks to the immeasurable courage of countless RAF pilots, the British methodically regained control of their skies. Eventually, German losses became so great that any attempt to invade Britain was abandoned by late-October. In the words of Winston Churchill, this was Britain's "finest hour."

Sadly, the price Britain paid for victory was enormous. Not only were large parts of her major

cities destroyed, but the human cost was catastrophic. More than 50,000 civilians alone died as a result of the Third Reich's relentless aerial bombardment. Many members of my family were among them.

In retrospect, the role played by the sons and daughters of Great Britain, Canada, Australia, New Zealand and South Africa in that heroic struggle should never be underestimated. When Hitler invaded Russia a year later, he did so with half the German Air Force lying at the bottom of the English Channel.

Four years after history's first great "battle in the sky," the Allied D-Day invasion was launched using Great Britain as a springboard for attack. Needless to say, if the British had not been successful in that fateful struggle, there may have been no Allied victory. The consequences of a Nazi victory in World War II are unimaginable.

Today, the United Kingdom still stands in the front line in the fight against barbarism. Standing shoulder-to-shoulder with the United States, the UK's elite armed forces continue to fight for the same principles that Britain stood so courageously for three generations ago. As Americans, we go forward in the years ahead knowing that we face yet another evil and relentless enemy. We do so, however, knowing that there will always be one nation standing at our side. 🌐



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



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

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

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





# Plantable Seed Paper Wine Bottle Tags & Cards

What do you do when you get a call for a dinner party? What will I bring – wine, a piece of jewelry, stationary, flowers? The dinner party is tomorrow evening, and I don't have time to go shopping, so I will bring a lovely bottle of wine? But how can I add a special touch to that bottle of wine? I know! A plantable wine tag from Sprouts! And Sprouts! also has matching plantable cards with cute little sayings.

The wine tags easily slip over the neck of the bottle and include a TO and FROM on the back along with the planting instructions. They come in two different variety packs of three: The Grape Lovers Collection and The Good Friends Collection.

Sprouts! Plantable Wine Cards provide that little something extra when you need that perfect hostess present. These cards feature six unique and funny wine-themed designs sure to give anyone a little giggle.

Just like all of Sprouts! products, these wine tags and wine cards are made from 100% recycled handmade paper embedded with top quality flower seeds. Each card and tag comes printed with planting instructions. When planted, both the tags and cards will grow into beautiful wildflowers!

For more information or to order, please visit [www.sproutem.com](http://www.sproutem.com) or e-mail us at [info@sproutem.com](mailto:info@sproutem.com).



GREEN GOODIES



# Meet the Team...



## SHARON QUERCIOLI

Co-Founder & President

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



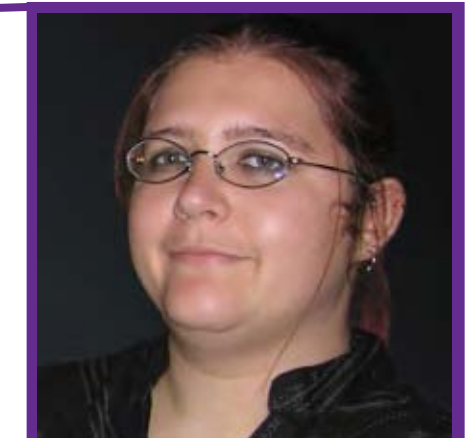
## GLENN SWIFT

Co-Founder & Editor-in-Chief

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

## SANDRA FRENS

Art Director



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

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



# Meet the Team...



## SEAN REED

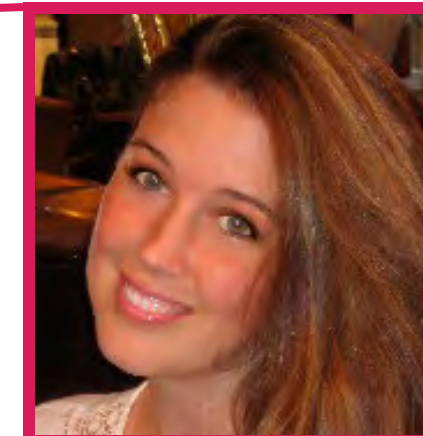
Webmaster / IT Coordinator

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

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

## TERESA VANDYK-MARSHALL

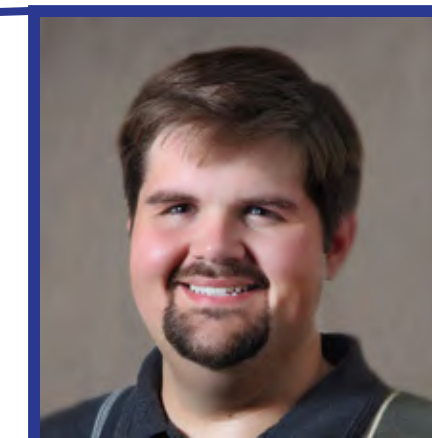
Contributing Columnist



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











# Welcome To



## Our Wonderful World

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



# The Archive

