

POSITIVEIMPACT

Sharing Positive Solutions for Life Worldwide

JASON MRAZ

Different by Nature

ANGELINA JOLIE

Giving New
Meaning to
Goodwill

The Macklemore Movement

OREGON

A CULTURAL CRAZE ON
THE NORTHWEST COAST

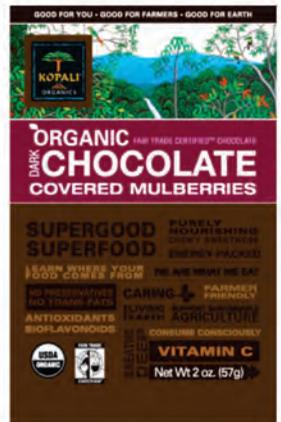
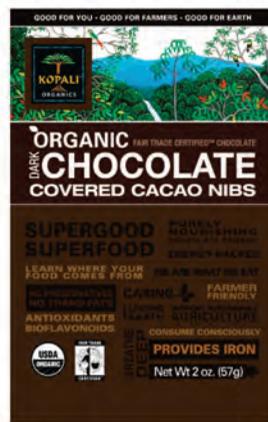
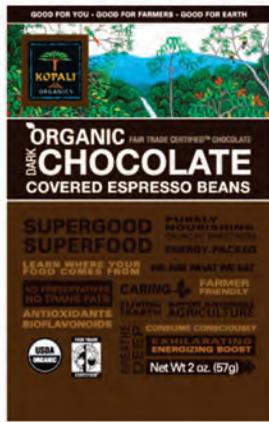
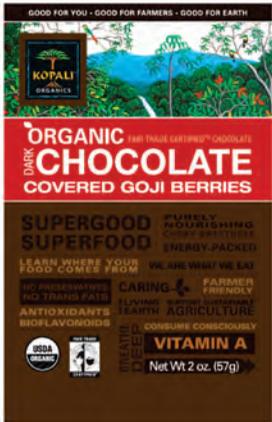
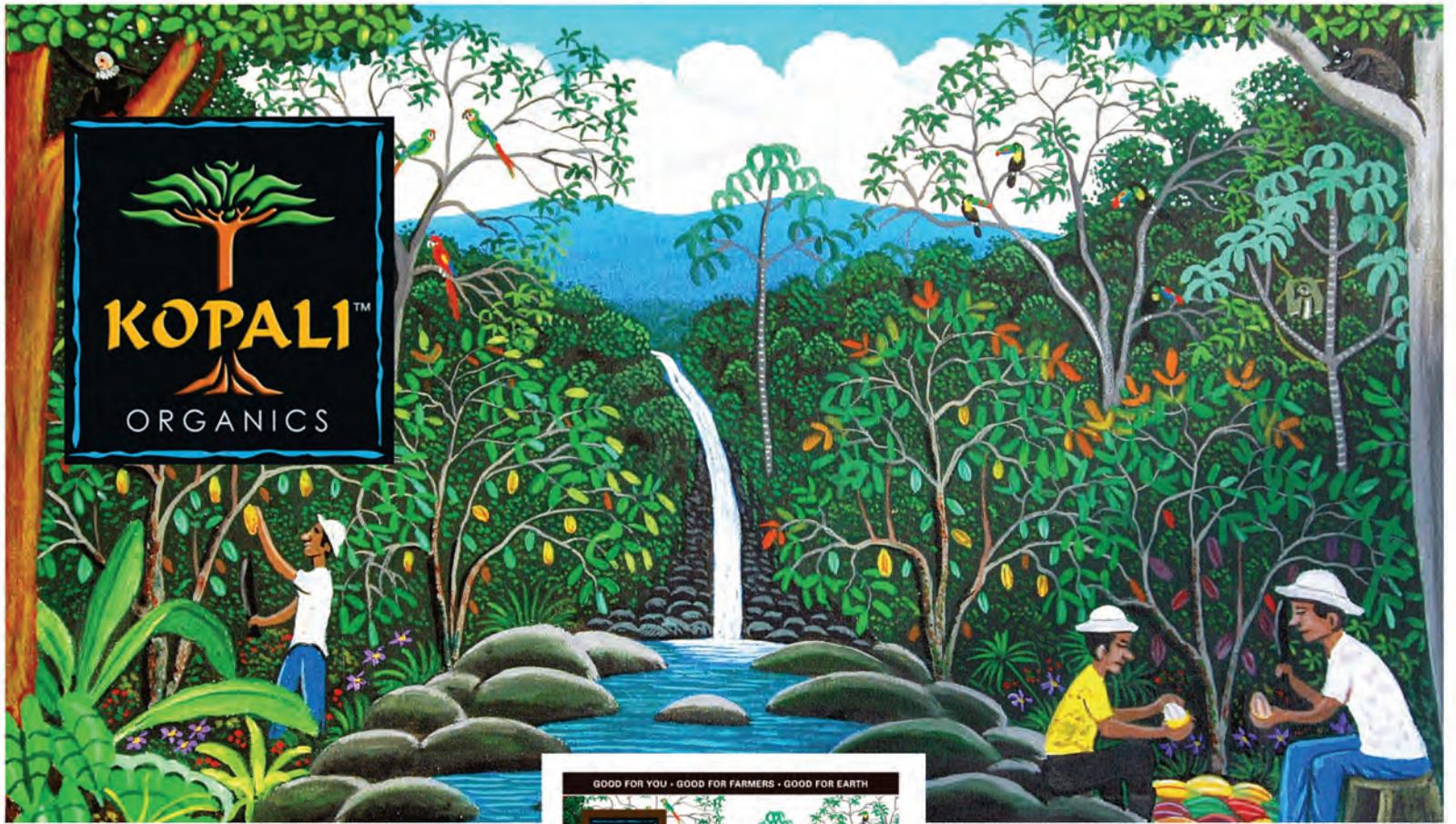
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DICK VITALE

You're Awesome, Baby

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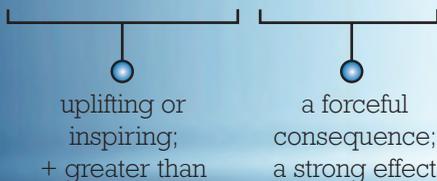
"We are a multimedia resource for sharing stories, ideas and actions that inspire, educate, encourage and provide solutions that will result in worldwide positive change."

OUR PASSION

While many focus on the positive, we also focus on the impact of what real action can do in the world. We are motivated by a deep need to see the beauty in all things and to share our value in a meaningful manner.

We believe that focusing on the solutions instead of the problems will create a long-lasting impact. That is why it is our purpose to have a positive influence with a transformative effect. It is this transformation that will enrich our lives and influence the world.

POSITIVE IMPACT



This magazine is a window to the world of uplifting consequence and inspiring effect. It is based on the idea that the smallest action, done with positive intent, is life-altering and, much like a raindrop, can create a ripple effect of untold proportions. Our readers share our passion for the positive and know, too, that small changes can have big results.

We believe people need a place to find answers to life's challenges and to align with others who are on a path of intentional living. We give hope where there may be little and provide resources to stimulate intelligence in an uplifting manner.

Our intention is to build a community of influencers that will reach beyond their own backyard in ways previously unimagined. We bring value, caring for their inner life while demonstrating strong passion for social improvement.

Just one small positive action each day would flood the world with optimism, joy and peace. It is our intent to inspire and encourage solutions for life and, along the way, be a creative influence for the world.

Join us on our quest to create a powerful resource of education, inspiration and hope. Let's give new definition to the words "positive impact" and share solutions for life.

New.

I love the word 'new.' It conjures up all kinds of great things in my heart and mind.

A new moment serves up the chance to make a different decision; a new challenge brings an opportunity to learn and grow; a new possibility opens doors that beckon to be explored.

New means fresh and novel; a way to describe 'things that have not existed or have not been known or seen before.' New shows up everyday. When the sun rises and the world is fresh and sun-kissed.

I love all of that.

The newness of the day, a moment or a possibility...when everything is exciting and promising; new fills us with faith, gives us a reason to believe and lights our path with a fresh perspective. New means different, much like this magazine – a new issue brought to life to inspire each of us to reach for new solutions.

It is within these pages that we find a host of people who believe in what they do. No matter what. Some have overcome the odds while others have inspired against all odds. Some are moving forward to shine a light on people all over the globe while others are simply living a life of purpose and meaning in their own backyard.

Each of them give us a reason to keep believing and, in the process, teach us what it means to look at the world through fresh eyes and new interpretations.

Our article on 'time' teaches us to cherish what can't be bought or sold; listening to our body can speak volumes about choices we are making in our lives; and, the patterns of energy that surround us can serve to heal and teach, if only we are still enough to listen.

Combine these techniques with our heroes who are out in the world spreading inspiration and you have a powerful combination of energy that is sure to provide a multitude of solutions for new ways of being. I couldn't be more proud and humbled and honored to bring these pages to you as I am today.

As always, I am grateful beyond belief for the nourishment Positive Impact Magazine brings to my soul. I hope you will find the same and that, along the way, you will also find that there is always a reason to believe. No matter what.

Always and forever,
I am grateful infinity.



Reaching for New Solutions.



Charity Beck

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Cover photo © Steve Granitz

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Julie Starke

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Garth Sandiford, Vanessa Stella

Copy Editor
Laura Watts

Contributing Editors
Tiffany Bowers, Julie Starke
David Kamens, Garth Sandiford

Columnist
Rachel Schaeffer, Marci Wise
Dr. Michael DeVito

Contributing Writers
Rachel Schaeffer, Julie Starke,
Tiffany Bowers, Bailey Foster,
Dr. Kim Costello, Dr. Joel Furhman,
Sandra Meyer, Robert Bishop, Victor Tharenou
Meg Michaelson, Geoff Rogers,
Amy Emme, Dr. Dain Heer, Amie Valtone

Contributing Photographers
Steve Granitz, Jun Sato, Dan Kitwood,
Pascal Le Segretain, Robert Bishop, Oonal,
Mathew Geltzeller, Emily Shur, Bil Zelman,
Greg Burke, Dave Parmelee, Yuri Arcurs,
Courtney Keating, Ernesto Sempoll, Mark Wragg,
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Curtis Circulation Company, LLC

Positive Impact Magazine
2519 McMullen Booth Rd.
Suite 510-257, Clearwater, FL 33761
info@positiveimpactmagazine.com
sales@positiveimpactmagazine.com
www.positiveimpactmagazine.com



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DIFFERENT BY NATURE

Part of a series of articles entitled
"Different by Nature"

By Julie Starke

Photos courtesy of Emily Shur,
Bil Zelman, Greg Burke

*"If this life is one act why do we lay
all these traps? We put them right in
our path when we just wanna be free.*

*I will not waste my time, making up
all kinds of ways to worry about all the
things that will not happen to me.*

I'm living in the moment ..."

Music fills the room as the singer
croons. The audience sings along.
Word for word they belt the tunes.
They feel this guy. Really feel him.
And it's no wonder.

Jason Mraz, an award-winning,
surf-loving, green-eating, solar-
powering singer/songwriter has
elevated his own life to a new level
and is living it out loud.

Once known for tunes like "The
Remedy" and "Waiting for my Rocket
to Come," this would-be cheeky kid
has matured... grown... changed. And
yet, he hasn't.

In many ways, he is the same
guy who grew up in small-town
Mechanicsville, Virginia, far from the
maddening crowd. His move to San
Diego, California, where he glued
himself to coffee house bar stools and
gained a following, did little to change
his essence.

It is his heart that remains true, and
if any artist can boast of this, Jason
would be the guy. Although he won't.
That wouldn't be his style.

Instead he chooses to live mindful-
ly, letting his passion guide his life and
encouraging others to do the same--
all the while being green, blue and
any other color typically found in
nature.



**GRAMMY AWARD-WINNING
JASON MRAS SINGS THE SONGS
AND WALKS THE WALK.**

FOUR PILLARS

A SOFT SPOT FOR THE PLANET AND ITS PEOPLE.

To say that Jason Mraz believes in
protecting the planet on which he
lives is an understatement. He lives on
his own farm, grows his own food,
uses the sun for energy, refuses
single-use plastics and counts
protecting the planet as one of his
Four Pillars of Service.

The Jason Mraz Foundation, the
organization upheld by his four
pillars, was formed by Mraz based
on core principles of his own life,
including the desire to preserve our
environment.

He believes deeply in this idea,
expressing it in the lyrics he writes
and songs he sings as well as in the
way he lives his life.

Included among the things this
independent thinker believes is that
marriage is for anyone in love.

Anyone. He stands beside, not
behind, gay marriage rights, and
although he himself is straight, some
claim that his own relationship
suffered because of his belief. He
felt, in all fairness, he would not marry
until it was a right shared by all.

What others think of his choices
matters little to Mraz. It's seemingly
more important to him that each
person be able to live life on their
own terms. Whatever they may be.

Couple that mode of operation
with another of his pillars, Arts and
Education, and you have a guy that
gives back to the very thing that has
made him famous.

Kids around the globe receive an
outpouring of love and support from
his foundation while his fourth and
final pillar, Recovery and Assistance
focuses on quality of life for people
with varying needs.

Grammy award-winning platinum recording artist Jason Mraz is an inspiration with his spirited lyrics as well as his humble lifestyle. Fans adore his raw yet casual connection and his performances move audiences across the globe.



Love is a Four Letter Word is the latest release by Jason Mraz. It's on this album that Mraz showcases his life philosophy of living "easy and breezy" while taking listeners on a journey through parts of his own life.

OF SERVICE



A SIMPLE LIFE OF LOVE AND SERVICE

So where does a guy with this attitude about life hang out? The beach. An admitted surf rat, Mraz can be found close to his Oceanside, California home when not on the road.

It's this simplicity and approachability that makes Mraz a favorite among all ages.

After all, who can't help but love the simple message that he imparts in his music about living a life of love and purpose? Or the near perfect message

he imparts in his life of connect- edness to the planet and to the people? We love that about him... and so much more.

So thanks, Jason, for keeping it real and building a life of service, one pillar at a time. We love your sound and we especially love your lyrics. They remind us of living a life of purpose and passion and of expressing ourselves with a heartfelt sincerity on this journey we call life. ☺

*"I'm living in the moment
I'm living my life
Oh, easy and breezy
With peace in my mind
Peace in my heart
Peace in my soul
Wherever I'm going,
I'm already home
I'm living in the moment"*

Lyrics reprinted from *Living in the Moment* off the album *Love is a Four Letter Word*.

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2. ENVIRONMENT PRESERVATION

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NRDC: The Natural Resources Defense Council's purpose is to safeguard the Earth: its people, its plants and animals, and the natural systems on which all life depends.

3. ARTS AND EDUCATION

VH1 Save The Music Foundation: Developing long-term, sustainable instrumental music programs that provide children access to music, regardless of financial situation.

School of the Performing Arts in the Richmond Community (SPARC): Inspiring young people to reach their full potential through quality training in the performing arts.

Free the Children: Helping driven and passionate youth at home engage in social issues contributing to the developing world.

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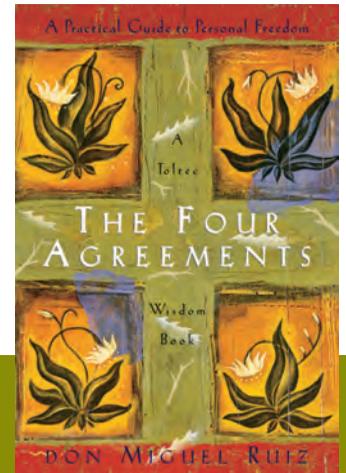
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Don Miguel Ruiz, author
of *The Four Agreements*

Domestication and the Dream of the Planet

The Four Agreements



There are thousands of agreements you have made with yourself, with other people, with your dream of life, with God, with society, with your parents, with your spouse, with your children. The most important agreements are the ones you made with yourself. In these agreements you tell yourself who you are, what you feel, what you believe, and how to behave. The result is what you call your personality. In these agreements you say, "This is what I am. This is what I believe. I can do certain things, and some things I cannot do. This is reality, that is fantasy; this is possible, that is impossible."

One single agreement is not such a problem. We have many agreements that make us suffer, that make us fail in life. If you want to live a life of joy and fulfillment, you have to find the courage to break those agreements that are fear based and claim your personal power. The agreements that come from fear require us to expend a lot of energy, and the agreements that come from love help us to conserve energy and even gain extra energy.

Each of us is born with a certain amount of personal power that we rebuild every day after we rest. Unfortunately, we spend all our personal power first to create all these agreements and then to keep these agreements. Our personal power is dissipated by all the agreements we have created, and the result is that we feel

powerless. We have just enough power to survive each day, because most of it is used to keep the agreements that trap us in the dream of the planet. How can we change the entire dream of our life when we have no power to change even the smallest agreement?

If we can see it is our agreements which rule our life, and we don't like the dream of our life, we need to change the agreements. When we are finally ready to change our agreements, there are four very powerful agreements that will help us break those agreements that come from fear and deplete our energy.

Each time you break an agreement, all the power you used to create it returns to you. If you adopt these four new agreements, they will create enough personal power for you to change the entire system of your old agreements.

You can be very strong willed- begin to live your life with these agreements and the transformation will be amazing. You will see the drama of hell disappear right before your very eyes. Instead of living in a dream of hell, you will be creating a new dream — your personal dream of heaven. ☉

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*There aren't many like him.
You know it right away when you
meet him or hear him speak.
His spirit shines through
everything he does.*

Dick Vitale:

In the Game of Life, You're Awesome Baby

By Rachel Schaeffer
Photos courtesy
of Dick Vitale

Dick Vitale, or “Dickie V,” is everything you could want in a friend, coach, ambassador, teammate, advocate, grandpa, and person. He’s fun, dedicated, enthusiastic, captivating and has a huge and caring heart.

And he’s consistent; you can trust him to be his endearing self whether he’s calling a college basketball game or calling for help to raise funds for cancer research. In the Game of Life, that’s rare and precious.

Since 1979, Vitale has been a college basketball analyst/broadcaster for ESPN. Part sports reporter, part entertainer, Vitale has called nearly 1,000 games since ESPN’s first NCAA basketball game. He has been a head coach on every level, including collegiate and professional.

Vitale could fill a room with his

“Vitale is a winner in the Game of Life and a genuinely good man—someone anyone would want on their team.”

awards, countless honors and inductions into 11 halls of fame—including the Naismith Memorial Basketball Hall of Fame—in recognition of his outstanding contributions to college basketball, media, humanitarianism, journalism and philanthropy. Last December, he was honored by the University of Detroit where he was a coach from 1973 to 1977—they named the basketball court of their gymnasium after him.

Vitale is also a prolific writer. He has written 10 books, including his recently released *Getting a W in the Game of Life* (2012), he is a columnist for *ESPN The Magazine*,

Basketball Times, and a guest columnist for *USA Today*. He’s also a highly sought-after motivational speaker, and since 1987 he has had an exclusive contract with the prestigious Washington Speakers Bureau.

While at ESPN, Vitale became friends with Jim Valvano, affectionately known as “Jimmy V.” Valvano was the head coach at North Carolina State University who lost his life to cancer at age 47, just eight weeks after giving his inspirational 1993 ESPY Awards speech. At the awards show, Vitale introduced him and lovingly helped him on and off the stage.

In Valvano’s speech, he announced the start of The V Foundation for Cancer Research, with its motto “Don’t give up ... Don’t ever give up!” Now in his 70s, Vitale still believes in his

passion, in his values and in his word that he gave Valvano two decades ago to help in the fight against cancer.

Vitale is on the board of directors for The V Foundation, and his gala alone has raised millions of dollars for pediatric cancer research since its inception in 1993. They give 100% of all direct donations and net proceeds of

ly good man—someone anyone would want on their team.

PIM: How did you come up with your own language, your trademark lingo ... what people call “Vitale-isms?”

Dick Vitale (DV): I came up with them throughout my coaching career. I stole a little bit from here, a little bit from there.

DV: When I was a kid, I lost my vision in my left eye. People used to say that to make up for it, I was overly exuberant. I don't know if that's true. I've always had that energy, that enthusiasm. I love people. I love to see people do well. I hate to see people hurt. I hate to see people down and out. I didn't have a lot of money growing up as a kid, and I felt like a billionaire because my life was good. If you've got health, you're a billionaire, man, you're a billionaire!

I was happy when I didn't have any money. My values and my love for people have never changed. My wife always says, “He gets a bigger thrill from giving than the people who are receiving.”

I like surprising kids. I like stopping on the playgrounds. If I see kids playing basketball, I pull the car over, and the kids will say, “Dickie V's here!” I love to surprise them and have a little fun. I like going

to restaurants to meet people. I love people. I always try to look for the good in people.

PIM: Who has positively impacted you in your life?

DV: My greatest impact came from my mom and dad. My parents didn't have a lot of education, what they had was a “doctorate of love.” Their inspiration was their terrific love and their unbelievable work ethic. I can't remember my dad or mom missing a day of work because of the flu or for any reason.

continued on next page



Dick Vitale at All Children's Hospital, where he shares his smiles and his hugs.

events directly to cancer research and related programs.

We can all learn something from Vitale. Maybe it's to not quit when you're down. Perhaps it's to love with your full heart and let people into your life. Or maybe it's to be a part of something greater than yourself and make your life meaningful.

For me, it's all of the above, and the simple message to be the best person you can be in this lifetime. Vitale is a winner in the Game of Life and a genuine-

“Awesome, baby,” “Get a TO (timeout), baby,” “He's a PTP-er (prime-time player).” There's not a day in my life—whether I'm going to a store or to a restaurant—that someone doesn't yell out: “You're awesome, baby!” or “Am I awesome, baby?” I always laugh; it's hysterical.

PIM: You are so positive, fun and alive—your life energy is palpable! And you have so many passions. Were you always like that even as a kid?

continued from page 15

Their work was physical. My dad would press coats in a factory, the heat pressing down on him, and then come back home and put on a security guard uniform and go to the mall to work as a security guard from 6:00 to 12:00. My mother—even when she had a stroke and was dragging her leg—would go down to the cellar and sew the coats my father would bring home.

They were an inspiration—watching how everything revolved around their kids, watching the love they had for each other and our family. They set such an incredible example with their lifestyle.

PIM: I remember hearing you say that your mom gave you inspiring words to live by.

DV: My new book is *Getting a W in the Game of Life*—a “win” in the game of life, for kids of all ages. There are so many inspirational stories—about kids with cancer and from people I’ve met over the years. I share two things that I learned at home. One is: “Never, ever, ever believe in can’t.” I don’t allow can’t to be a part of my life. And secondly, my mom always said, “Richie (she never called me Dick), be good to people, and people will be good to you!” And how true that is! I have learned that in my life, extending a hand to people is always positive.

PIM: I love what you said when you were honored at the Little League Hall of Excellence. You were being inducted into your 11th Hall

of Fame! You said, “I can’t run, I can’t jump, I can’t shoot, I have a body by linguine ... if it can happen to me, it can happen to you, baby!”

DV: I had a fantastic time there! The kids were really sweet, and all of my kids, grandkids, sons-in-law and, of course, my wife were there. My number-one priority in life is family. Anyone that knows me knows that everything centers around my family. Everything else comes after that. I believe so much in the family concept. If you have no one to share your success with, what good is success?

PIM: How did you get connected with Jimmy Valvano, the University of North Carolina basketball coach who inspired The V Foundation?

DV: I didn’t know Jimmy that well early on in our lives. He was coaching, and I was working in television. We became really close when he came over to ESPN and joined us after coaching. Then he came down with cancer, and our relationship got a lot tighter and closer. We spent a lot of time on the phone with each other. I’m very proud to be a member of the board of directors of The V Foundation. I’m very excited that the board of directors—they’ve all done an incredible job—raised over \$120 million.

PIM: Your focus for the Dick Vitale Gala is for pediatric cancer research?

DV: Yes, it is. The V Foundation

takes care of cancers of all kind. The family is still involved—Jimmy’s brother Nick has served as the CEO for years, and his best friend, Bob Lloyd, is the chairman of the board.

My gala, the Dick Vitale Gala, is really a subsidiary of The V Foundation. All of our dollars go through The V Foundation, while ours goes to pediatric cancer. I selected pediatrics to be our number-one goal because right here in this area where we live, youngsters I’ve gotten to know have lost their lives to cancer.

There’s a kid by the name of Adrian Littlejohn. I spoke at his funeral, and it was the toughest speech I’ve ever had to give in my life. I’ve spoken all over—black tie, corporate events and motivational seminars. To watch a mom and dad lay their child to rest just tore my gut apart.

Until my last breath, I vow: I will beg, I will plead, and I will try to raise dollars for this cause. Right now during this interview: please make a donation. Go to dickvitaleonline.com, and any donation will be added to the dollars I raise at the gala. Last year, the total was \$2.1 million. The monies go to All Children’s Hospital, to Moffitt Cancer Center and to UF Shands Cancer Center in Gainesville. You never know. Cancer strikes all—whether you’re rich or poor, black, white. It will bring you to your knees. I firmly believe that we all must unite in that vow.

PIM: You inspire me, and I love the vow you made! Tell me more about your organization.

DV: Every dollar—not \$.60, not \$.80—every dollar we raise for research goes to research. We have a \$17 million endowment, and every dollar goes to research. I'm proud of that.

Cancer is such a vicious disease. Some of my family members have had cancer. Almost every family out there has been touched by it. Watching young kids is beyond painful.

They had a Dickie V Day at All Children's Hospital, and my wife Lorraine and I were in tears when we got into our car after seeing all these beautiful kids. They had me read my children's book, Dickie V's ABCs and 1-2-3s. I read it and brought one for every kid in the hospital.

Watching those kids run around, I told the nurses that to me, they don't look sick, and they're all battling some form of cancer. Their parents sit at their bedside from 7:00 in the morning till 11:00 at night—just praying and hoping for a miracle. It would just tear me to shreds. My little grandson had nose surgery today, and I was a nervous wreck. It just breaks your heart.

PIM: I was listening to Holly Wright speak at your gala. She's the mom of Payton Wright—a beautiful child who lost her life to cancer. There could be nothing harder in the world than that.

DV: They don't know that I dedicate one of the chapters in my new book to Payton. She inspired me so much in her courageous battle. My office away from home is The Broken Egg restaurant in

Lakewood Ranch, and I sell a lot of my merchandise there. I used to watch her come in twice a week. Then she came in a wheelchair, then she came in blind, and then she lost her life. It was heartbreaking. I feel



TOP: Dick Vitale and his wife, Lorraine, pose with a child they visit in the hospital. BOTTOM: Visiting sick children at All Children's Hospital in St. Petersburg, Florida. Vitale gave out copies of his book *Dickie V's ABC's and 123's* to all the children and read it to them.

so much for Holly and Patrick and what they have to go through.

PIM: I can't even begin to imagine. The gala has raised millions of dollars since its inception in 1993—with the mission to find a cure for pediatric cancer. What are you most excited about for the 2013 gala?

DV: Each gala gets better and better. I'd love to top the dollar figure! I'm the type of guy that always chases that big number. I work my butt off. I just spoke in Lexington, Kentucky at a Fantasy Basketball Camp for \$25,000. They said if I came to it, they

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would give me a big check. The night before that I spoke for Vinny Lecavalier, the hockey player, who had a big event. That was another \$15,000. All those dollars go toward my goal, which is a minimum of \$1 million.

People always ask me, "How is that achieved?" Well, it's achieved by three factors. Number 1: \$1,000 a ticket—we've sold out every year for seven years in a row, and we will sell out again this year. You don't have to go to Harvard to figure out that you can't get \$1 million just based on the gala tickets. If you have 800 people at \$1,000 per person, and you have to pay for all the food and everything, you need donations. Donations are the second part. I work for donations all year. The third phase is all of my merchandise that I sell at The Broken Egg—books, T-shirts, hats, balls—I autograph them. Any profit that I would make as a Dick Vitale profit goes toward that million.

PIM: You've had such amazing people at past galas—Magic Johnson and Kenny Chesney to name just two of more than 100 stars. Who do you have planned for 2013?

DV: This year we're honoring Bobby Bowden, Jim Calhoun and Bill Self! More big news now is we just signed Dennis Edwards from The Temptations to play at our event. And we're doing something new for the celebrities and donors that make a donation of \$25,000 or more: They're invited to a private party at my house on Saturday. We just confirmed yesterday that the Gatlin Brothers will be playing at

our house. It's not just a \$25,000 donation. What they get is the following: 10 tickets to the gala, a full-page ad in the program, a meet-and-greet with the celebrities before the event on Friday, and they get invited with a guest to my house for a private party on Saturday. Plus, they get a great write-off—it's a hell of a deal. It'll be a blast!



Dick Vitale laughing with one of the children he visits.

PIM: You've done all these amazing things. You've been honored, recognized, and you've won all these awards. And you're a proud husband, father, father-in-law and grandfather. I would imagine some folks would ask, "Isn't it time to relax and retire now?" You don't. Why?

DV: Tomorrow I'll be speaking at the Boys & Girls Club to 500 kids. My wife and I give out five scholarships a year to the Boys & Girls Club, and have done so for the past 16 years. Then I have some press event for my book. And on Friday I'm off to South Bend, Indiana, and I'll be the speaker at the pep rally before Notre Dame

plays Michigan. I'm going with my daughter Terri, who went to Notre Dame. I try to keep busy and active. It keeps the mind challenged. As long as I feel good, and as long as I have the energy and the health and the good Lord allows me to do it, I just gotta keep truckin'.

PIM: I'm sure your parents are smiling down on you. They would be very proud.

DV: I hope so. When I got into the National Basketball Hall of Fame, I spoke right from my heart with my whole family there. I told the crowd that you just don't get to the Hall of Fame by yourself. You need a team. I've been blessed for 43 years with my wife, who is the most unbelievably gorgeous woman. I have two super daughters and two wonderful, successful sons-in-law, and five grandkids. I've lived a blessed life and a life that's good. Why shouldn't I give back? ☺

For more information, go to www.dickvitaleonline.com.



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BYE-BYE BLUES

Counteract your bad mood naturally

By Joel Fuhrman, MD

The connection between a healthy lifestyle and a healthy mood is often overlooked; however, it is well-known that exercise and other natural methods are effective at alleviating depression symptoms. My natural protocol for depression has helped many sufferers of depression and seasonal affective disorder (SAD) improve their symptoms without the risks and side effects associated with antidepressant medications.

Even for those of us who do not suffer from a mood disorder, it is common to experience some decline in mood during the winter. Fortunately, there are natural methods that help alleviate the winter blues.

Exercise

Exercise is known to be as effective as antidepressant drugs or cognitive behavioral therapy for improving the symptoms of depression. Exercise works by increasing the production of serotonin, a mood-elevating neurotransmitter, which is often low in those with depression. The combination of aerobic exercise and strength training is better than aerobic exercise alone, and yoga has also been shown to improve symptoms.

Light exposure

In the winter, we tend to spend most of the day's sunlit hours indoors—at work or just staying warm at home. Exposure of the retina to morning light helps the brain properly regulate its production of melatonin and therefore our sleep-wake cycle; inadequate light exposure during the winter can disrupt this cycle. During the winter, if getting natural sunlight isn't possible, a therapeutic light is an effective substitute. It corrects the body's clock, restores normal melatonin production and stimulates production of serotonin. SAD has been successfully treated with light therapy for nearly 30 years. Light therapy is also highly effective for depression—comparable to the effects of anti-depressant drugs—so it is effective even for non-seasonal depression. It is an excellent tool for anyone who experiences sadness, fatigue or disrupted sleep patterns.



Photo by Yuri Arcurs

Vitamin D

Reduced exposure to sunlight during the winter means less natural vitamin D production by the skin. Scientists don't know exactly how vitamin D works in the brain. It is thought to affect the production of neurotransmitters, including serotonin. Low vitamin D levels are associated with SAD and depression, and there is evidence that supplementing with vitamin D helps to maintain a healthy mood state.

Vitamin D is active in essentially every cell and tissue in the human body and contributes to many facets of health. It is crucial for everyone to maintain adequate blood vitamin D levels with supplements.



“The connection between a healthy lifestyle and a healthy mood is often overlooked.”

Omega-3 fatty acids

Omega-3 fatty acids play an important role in brain health. DHA is primarily associated with cognitive function and EPA with mood. EPA and DHA are considered long-chain omega-3 fatty acids, in contrast to the shorter ALA found in plant foods, such as flax, hemp and chia seeds, walnuts and leafy greens. In addition to eating ALA-rich foods daily, I recommend a DHA + EPA supplement for everyone, and additional EPA for those with depression.

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High-nutrient diet

Two recent studies compared mood scores in subjects eating vegetarian or omnivorous diets. In an observational study, vegetarian Seventh Day Adventists reported more positive mood and lower levels of depression and anxiety compared to omnivore Adventists.

In a second study by the same research team, subjects were assigned different diets for two weeks. The subjects in the vegetarian group increased their mood scores after the two weeks those on the omnivorous diet did not. These results suggest that plant foods contain substances that positively affect mood.



In October 2012, another study found a connection between fruit and vegetable consumption and healthy mood. The authors collected data on the diets of 80,000 people and analyzed scores on a life satisfaction questionnaire relative to the amount of fruit and vegetables consumed daily. Even after adjusting for many other parameters such as employment status, marital status, income, illness, education and other dietary variables, greater fruit and vegetable consumption was strongly correlated with greater life satisfaction scores.

In addition to antioxidants, vitamins and minerals may factor into the positive effects of fruits and vegetables on mood. Several B vitamins contribute to the production of mood-enhancing neurotransmitters, such as folate. Folate deficiency is known to increase the risk of depression. A low-sodium, high-potassium diet has been shown to have a positive effect on mood. Green vegetables and legumes are rich in folate, and all whole plant foods are naturally rich in potassium and low in sodium.

Even in the cold, gray days of winter, you can enhance your positive mood with a brain-healthy, high-nutrient diet, regular exercise, adequate vitamin D and omega-3 stores, and light exposure. It's the natural way to beat the blues! 🌟



Dr. Fuhrman is a #1 New York Times best-selling author, nutritional researcher and board-certified family physician specializing in nutritional medicine. His newest book, Super Immunity, discusses how to naturally strengthen the immune system against everything from the common cold to cancer. Learn more by visiting www.positiveimpactmagazine.com.

Heart of Food Photo by Oksa

YOUR Find out

How often do you listen to your body? What do you feel—and where? Is there tightness in your shoulder? How is your neck and jaw? Do you have indigestion? Does your lower back hurt? Stiffness in your knee?

How often do you just plow through and ignore that pain? Perhaps pop a pill to diminish the pain? Have you ever paused, sat and asked your body what the pain is trying to tell you? Is it possible that the pain is signifying a disconnect in the way you are living versus the way you are meant to live... warning you that you are not living life in balance? Is it possible that these aches and pains, often becoming chronic issues, are your body's way of speaking to you?

Each area of your body speaks to different lessons. Take a moment now and take a deep breath. Sink into your body for a moment or two. Let your shoulders drop.

“Your body is a gift; your body is a partner to your higher self.”



Photo by Marcela Bartsse

*Always seek medical attention when necessary.

BODY SPEAKS!

what it's really trying to say!

By Meg Michaelson



TAKE A MOMENT NOW AND TAKE A DEEP BREATH. SINK INTO YOUR BODY FOR A MOMENT OR TWO. LET YOUR SHOULDERS DROP.

Photo by Daniel LaFlor

TIGHT JAW OR TMJ?

How attached are you to outcome. Try as you might, you cannot control the outcome —no one can. How rigid are you in the way you see things? How judgmental are you? Take a moment and relax your jaw. How often do you really listen instead of talk?

PAIN IN YOUR SHOULDERS?

How much responsibility do you carry on your own? How often do you let others help you? You were born to connect with one another, to do some work and let others do some work. Let go of the thought that you have to do this alone. What do you need help with? Who can you ask for help? Take a leap and ask for help, not just from your spouse or partner - also from your children, neighbors, friends and family.

PAIN BETWEEN YOUR SHOULDER BLADES?

Depending on the location of the pain, this is often resulting from feelings of isolation and the fear of not having enough love. Connect on the phone or in person with family and friends whom you love. Remind yourself that you are loved and you are not alone.

SHORTNESS OF BREATH?

Do you love yourself? How often do you hold on to anger and resentment toward self and others? Lie on an exercise ball face up, arms stretched out, heart toward the ceiling, head and neck supported and chest wide open. Breathe and relax on the ball. Be open to releasing the pain and fears in your chest with each exhale. Five minutes can do wonders.

INDIGESTION?

How much do you worry? How empowered do you feel? Do you let others control you? Do you feel stronger when you disempower another? Breathing is essential to ease your fears. Put a hand on your upper belly and as you exhale, remind yourself that you will be okay. The power of “what-ifs” can take its toll on your digestive system.

TIGHT BAND IN LOWER BACK?

Check your fun meter. Are you having any fun? How often? Do you remember how? Put on some puddle boots and go splash ... or grab a hula-hoop.

SCIATICA?

Is money, or lack thereof, often a worry? To bring relief, try to change the thought from “I do not have enough money” to “How can I create what I need?”

EXTRA WEIGHT IN YOUR THIGHS? PAIN IN YOUR LEGS, KNEES OR ANKLES? VARICOSE VEINS?

This can signal too much “waiting to live.” Are the things you really want to do—goals, hopes and dreams—on the shelf until your kids are grown or work slows down or you retire? Movement in life is vital to health—both physical movement and moving toward what brings you happiness. Define one goal and outline a few steps.

These steps are the beginning. Your body is a gift; your body is a partner to your higher self. The aches and pains can assist you in achieving balance. Perhaps going forward, you could work with the pain. Allow it to be a signal for what you need to change instead of blaming your body for holding you back.

Take a challenge to change one thing. Take time to listen to the language of your body. ●

A MOMENT OF CLARITY

“Time = life; therefore, waste your time and waste your life, or master your time and master your life.” —Alan Lakein

TIPS FOR TAMING TIME



BECOME THE MASTER OF YOUR TIME AND YOUR LIFE

By Marci Wise
Photo by Mark Wragg

It is truly our most valuable resource—using the moments we’re given to create the life we desire. Yet at the end of the day, we often feel as if we’re only left with a few free minutes and no energy to make good use of them.

Life’s obligations have a way of stealing those precious moments away from us, unless we can face the problem head-on and stop the time thief in its tracks. Doing so involves brainstorming solutions and creating a plan of action. The rewards are great for those who put in the necessary leg-work to take back control of their time.

Here are some suggestions on how to become the master of your time and the master of your life.

Know that You are Worth the Effort.

“Until you value yourself, you will not value your time. Until you value your time, you will not do anything with it.”
—M. Scott Peck

Simply beginning the process of better managing your time asserts your own value. The world often makes us feel as if our worth comes from the things we do, although we are so much more than our accomplishments. A child is worthy of love simply by virtue of being human. The same holds true for all of us.

While using our time and energy to make positive contributions to the world is wonderful, at our most fundamental level we are innately valuable with or without them. Allow yourself the right to choose how you’ll spend your time without guilt or apologies. Ironically, when you gain command of your time, you’ll actually become more effective because you’ll have greater influence over where you apply your energy.

Become a List-Maker

“You will never ‘find’ time for anything. If you want time, you must make it.” —Charles Buxton

It’s been said that for every minute spent organizing, an hour is earned—and that’s a pretty good return on your investment. Start the process of having more physical downtime by first mentally clearing through the clutter. Make lists of your most common time-drains and then brainstorm possible solutions.

Prioritize activities with an eye for those that are necessary and those that may need to fall by the wayside in exchange for more freedom. See if you can spread common duties throughout the week so you can take part in activities you enjoy daily. Hobbies, exercise or your favorite pastimes are just as important as any other item on your to-do list, so schedule them as such.

WHAT IS FREE...AND ALSO PRICELESS?

YOU CAN'T OWN IT...YOU CAN USE IT

YOU CAN'T KEEP IT...YOU CAN SPEND IT

Call in the Army

"Time is more valuable than money. You can get more money, but you cannot get more time." —Jim Rohn

Time-saving resources are all around us so, don't be afraid to use them. I've recently begun using one of the many food preparation kitchens that are available. Every month, I pick up 12 freshly made dinners, each one serving four to six people, for about \$20 a meal. I couldn't afford to make the same meals at home for that price! No meal planning, shopping or prepping required.

With just a little forethought, I've managed to find a solution that allows me to serve my family a wonderful dinner every night, try new recipes, have time to myself—and actually save money! I don't know why I didn't do it long ago.

Examine your situation to see where you can enlist a little help. Hiring a lawn service, housekeeper, pool care or simply dividing chores between family members could be just what's needed to add a little more flexibility to your day and sanity to your life.

Learn to Say No—to People and Perfection

"Learn to say 'no' to the good so you can say 'yes' to the best." —John C. Maxwell

Many of us, women especially, are people-pleasers by nature. We love to help out and rise to the occasion whenever asked. While this is a lovely sentiment, becoming the master of your time will involve learning to say "No" occasionally.

It's nothing personal—simply mathematics. There are only so many hours in each day, and mastering your time involves making conscious decisions about how you'll use them. Instead of always saying yes for fear of disappointing others, learn to appraise situations with an eye toward greatest gain.

You may decide that someone's request is time well spent, but do allow yourself the right to evaluate and speak honestly. Most often, people will be understanding of your decision and respect the fact that you've truly given it some thought—regardless of your answer.

Also, be careful you don't allow yourself to become a time martyr. My friend Rebecca, a working mother of two teenagers, chooses to shoulder all the household

burdens alone, stating, "It's just easier to do it myself." If you find yourself falling into a similar mindset, challenge whether this is really true.

While the house might not be quite as spotless with less experienced hands at work, will the extra time and freedom you gain be worth the compromise? Usually clear communication can help clarify expectations and create a solution everyone can live with. The secret is to allow at least a month for everyone to become comfortable with their new roles. All change—even good change—takes some getting used to, so be prepared for a few uncomfortable moments at the very beginning.

The Road to Riches

"You're writing the story of your life one moment at a time." —Doc Childre and Howard Martin

This is it. You have one life to live, so make it your mission to meet goals that are loftier than simply a clean house and a perfect lawn.

When my husband and I started our family, we immediately fell into the "parent trap" by losing touch with old friends. For years, our only interactions with other couples were dictated by school functions. We were simply too busy trying to get everything done to even think about our own personal satisfaction.

Gaining control of our time allows us to swap the momentum of our lives from simply being reactionary (rising to meet every obligation that comes our way) to becoming empowered (using time in a way that fulfills us).

While making a good living is certainly important, true riches involve much more than a hefty bank account. Just like the iconic character George Bailey learned in the classic movie *It's a Wonderful Life*, simply spending time with loved ones, enjoying the company of cherished friends and truly appreciating each day we're given can make us the "richest man in town."

And it all starts with consciously using our time to support our homes, health and happiness in the most efficient manner. So go ahead and give it a try. You'll soon find that having the "time of your life" is only a few simple changes away. ●

ONCE YOU'VE LOST IT...

YOU CAN NEVER GET IT BACK

TIME.

OREGON: GO WITH THE FLOW

Portlanders know the only thing constant is change, and they believe nothing is impossible.

By Geoff Rogers • Photos by Mathew Geltzeller

It creeps up on you, the Portland thing. It collects on you slowly, like moss, and one day you just discover that it's part of you.

I moved to Portland from Atlanta in 1995, retracing in my car the approximate path taken by Lewis and Clark almost 200 years earlier. Like them, I marveled at the scale of the Columbia Gorge as I approached from the east, watching the quick and unobtrusive shift from high desert to evergreen forest.

As an expatriate southerner, I was surprised by things that aren't even noticed by longtime Portlanders. Styrofoam is hard to find. Hot beverages, when taken to go, are always in recycled containers with post-consumer sleeves. Utensils at picnics are typically made of plant-based materials and designed to biodegrade.

Portland will also slip words and phrases into your vocabulary that are simply not part of the lexicon in

most other places. "Bioswale," for example. In the middle of downtown, a sidewalk will simply terminate into a curb, beyond which there will be a concrete-lined hole, about 18 inches deep and large enough to swallow a Fiat, only it's filled with water-filtering native plants.

Anywhere else, such an idea might be derided as a lawsuit magnet or a trap for wayward drunks. Somehow it works here. Every time it rains. Which, as it turns out, is often.

I wondered for most of my first decade here when I would finally get a grip on how everything worked in Portland. Then I realized that even longtime Portlanders aren't used to it. They are simply accustomed to change, which is the only constant here. Portland is simply willing to try new things, to swing for the fences and to risk failure.

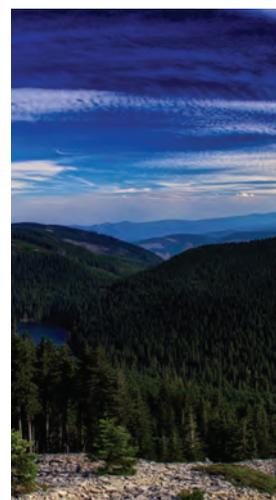
Data from the Energy Trust of Oregon, a voter-mandated

entity that aims to boost energy efficiency and savings for participating homes and businesses, show that Oregon has collectively saved almost \$2 billion over the last decade and in the process managed to become the only state whose electricity consumption decreased as its population increased.

But things happen without voter mandates as well. The light rail, the street car, the city-wide composting program are all things that simply happen to you as a Portland resident.

For years, Portland's heaviest rains would create overflows that would release sewage into the Willamette River. So Portland decided to dig a little detour pipe to take care of that: 25 feet in diameter, 6 miles long, 150 feet under the city. Nothing seems impossible here.

In a city where the potholes sometimes betray the presence of a paved-over



TOP LEFT: Sunset from Ruby Beach in Olympic National Park. MIDDLE LEFT: Portland is beautiful... and intermittently cloudy. BOTTOM LEFT: Mt. Hood in all her majesty. TOP RIGHT: Ramona Falls just outside Portland. MIDDLE RIGHT: The rocky coastline of Portland is both breathtaking and ever changing. BOTTOM RIGHT: Pumpkin picking next to Smith Rock in central Oregon.



streetcar track from a century ago, old ideas get resurrected, like community gardens and composting. Or the streetcar itself.

Composting was a crash-course taught by the city, cutting its garbage collection by 50%. They warned us. They gave us bigger bins, told us that food scraps could now be thrown in with yard debris, and then they stopped picking up the trash as often as they used to. When your garbage truck only comes every two weeks, you begin to get a lot more savvy about recycling and composting.

This kind of intervention takes some getting used to. For the first couple of years, it's best just to pretend you're an anthropologist visiting from a place with distant customs. You watch and you learn. Then one day, you realize that

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you're somebody who composts and uses words like "bioswale," and you might not even wear patchouli or own a Prius. But that's Portland.

Even the un-PC things are PC here. Bacon and pork, for example. Two renowned chefs recently came to blows (yes, literally) here over just how local the pigs were that they were butchering for their respective meals.

There's a "Portlandia" skit in which a couple in a restaurant press their server for more information about the origin of the chicken they're about to eat, and the server brings them papers and a photograph of the chicken as it had looked while alive. She tells them that their chicken was named Colin and had exactly four acres on which to roam. The diners ask the waitress to hold their table while they visited the chicken farm to verify its sustainability.

Everyone I know in Portland loves that skit. While it might be hyperbole, what feels true about it is that Portland just tries so hard.

In all but the coldest winter months, the city sports multiple farmers markets, the largest one occurring on Saturdays where Portland's Park Blocks bisect the campus of



Rows of color at the Woodburn Tulip Festival.

Portland State University. All manner of beautiful produce and honey and fresh flowers and bicycle-trailed coffee carts edge up to one another in a sort of impressionist/locavore mash-up.

All of these little details flow into the mosaic of Portland. Sitting as it does at the confluence of two rivers, Portland considers the flow of things. Traffic. Bicycles. Pedestrians. Rain.

“Portland is simply willing to try new things, to swing for the fences and to risk failure.”

It's not what a southerner or a midwesterner would consider rain, though. Portland actually gets less rain than Atlanta does, though it falls during three times as many days, so the drizzle just becomes part of the backdrop.

When it's grey and drizzling for six months, you find that you have time to contemplate the little things. You have time to become very particular about your tastes, about your preferences, about what "gives the thing its thingness," to quote German philosopher Martin Heidegger.

So you get custom meals. Custom bicycles. Custom clothes. Custom furniture. People run co-ops here where you can rent time on lathes, welding equipment, band saws, 3D printers ...

you name it, you can learn to build it here. The city attracts DIY-ers of all stripes, and their energy is contagious. And these are just the things that happen indoors.

Outdoors, Portland boast more parks per capita than any other U.S. city—from the mammoth 5,000-acre Forest Park to the demure, 24-inch-in-diameter Mill Ends Park to Mt. Tabor Park, which is located on a dormant volcano. Newer parks incorporate rain gardens and areas designed to flood for swimming in warmer months.

In fact, the parks are a good way to quickly illustrate the whole Portland zeitgeist. Forest Park was once a heavily-logged area, Director Park was a parking lot just a decade ago, and Jamison Park and Tanne Springs Park occupy land that used to sit beneath a tangle of rail yard and industrial sprawl. Forest Park's 70+



miles of trails meander through the sloping urban wilderness and can offer peeks at deer, elk and owls in the middle of your run, hike or mountain bike ride.

Beyond the city limits, you can also reach world-class white water within an hour's drive in any direction, and river stewardship is taken seriously here. Just last year, the 125-foot

Condit Dam was demolished to restore fish runs on the White Salmon River. Mount Hood is less than an hour away and offers deep powder

in the winter and skiing on the Palmer Glacier well into July.

Then there's the wine. The entire Willamette Valley was sculpted and forged over hundreds of thousands of years by the unimaginably huge forces of the Missoula Floods and the volcanic action of the

Cascade Range. What was left was an unbelievably fertile valley bisected by the 45th parallel—the

same line that runs through the most celebrated vineyards of France.

Oregon wineries have ridden a wave of critical praise that began in the late '70s and gained a final piece of validation when the acclaimed Domaine Drouhin purchased a vineyard here. And even now, with nothing left to prove, these wineries have all become cutting-edge examples of sustainability, organic farming and even biodynamic practices.

Portland restaurants are proud of Oregon wine, and each year the Classic Wines Auction holds a series of winemaker dinners in which local star chefs team up with local star winemakers and create multi-course paired meals and donate proceeds to charity. Even through recession years, these dinners and the auction that follows have raised almost \$2 million a year for the children's charities.

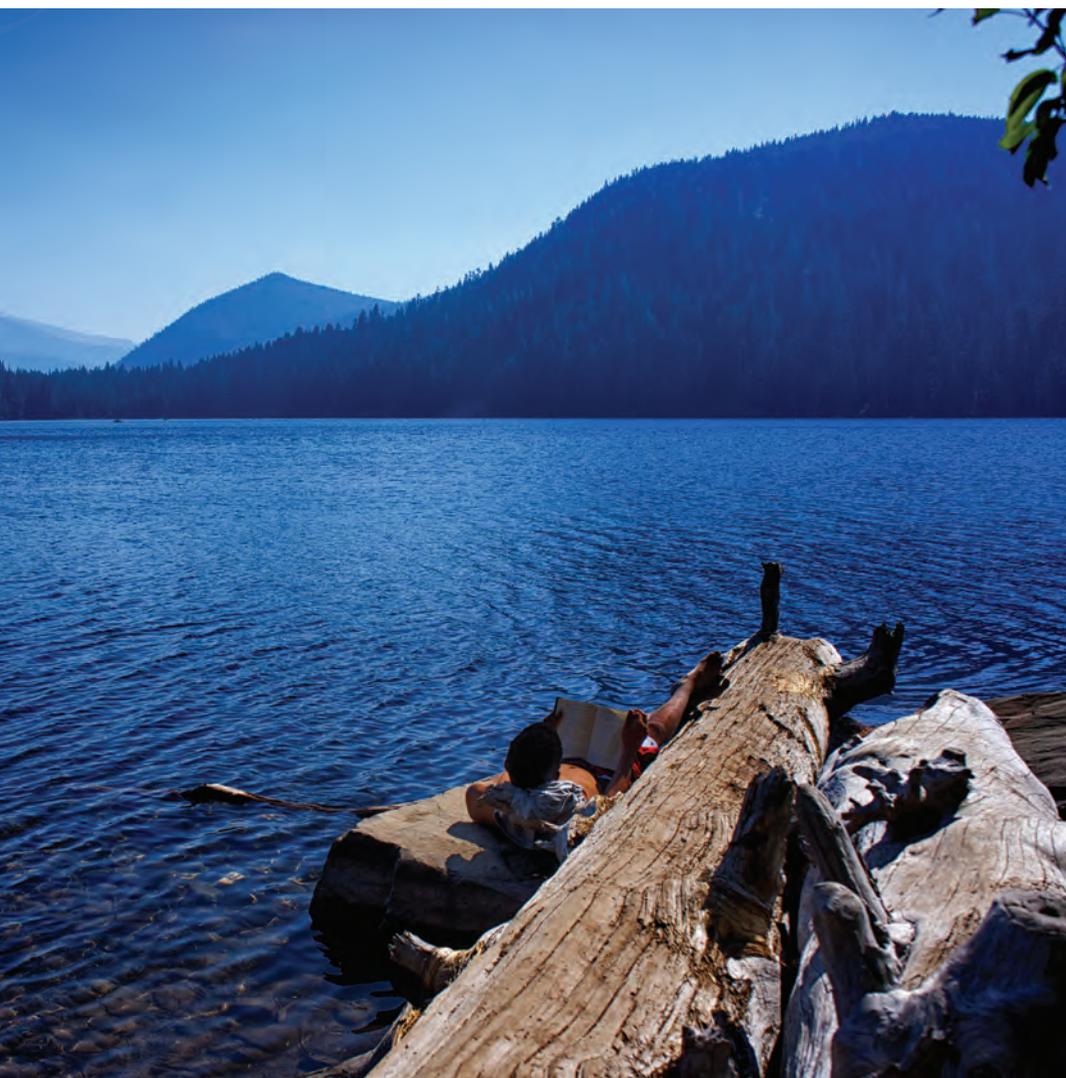
Portland is populated with thousands of disparate personalities, but there is a civic spirit here that makes Portlanders remarkably adept at finding the shaded areas where their interests overlap. Maybe that civic spirit comes from the fact that Portland's earliest settlers had to work together merely to get here.

For some reason, people in Portland like to get behind a cause. And that's just one of the reasons people find it easy to get behind Portland, a place that is leading the way as a model for the modern city. ☺



A biker's daily commute and tram ride to Oregon Health and Science University.

Relaxing at Lost Lake in Mt. Hood National Forest, a favorite spot among locals and visitors.





Seattle boy turned indie rapper takes the recording industry—and the world—by storm

The Macklemore Movement

Photos and Story by Robert Bishop

With his album reaching number one on the iTunes hip-hop chart and his 50-city tour underway, Macklemore just may be one of the biggest artists of which you have never heard. Ben Haggerty, known as Macklemore, comes from a city better known for coffee and rain than good hip-hop music, and he has succeeded in putting Seattle, Washington and the Northwest back on the map.

He did this with the help of his longtime friend Ryan Lewis, who became Macklemore's DJ and producer in 2008. Between Ryan Lewis' inventive, catchy beats and Macklemore's truthful, in-your-face lyrics, they have fallen upon remarkable success during the past few months of 2012.

"If the moving lyrics don't get you hooked, the animated beats will."

Macklemore grew up in Seattle and, unlike many artists' rough childhoods, he actually had a pretty good life growing up. His father

made good money, and his mother was a stay-at-home mom helping guide him through his youth.

He was just 7 years old when he first developed a love for hip-hop with Wu-Tang Clan, Freestyle Fellowship and Nas as some of his biggest influences. He graduated from Evergreen State College and, although he did not study music there, he still craved to get into the music industry. His parents were always supportive, and he soon took a job at the local juvenile detention facility helping motivate kids with music, especially rap.

Macklemore's career first began in 2000 when he released his EP *Open Your Eyes*, which was followed by his first full-length album in 2005, *The Language of My World*. In 2009, he released *The Unplanned Mixtape* and soon after teamed up with friend Ryan Lewis to produce their first album together, entitled *VS. Redux EP*, which featured their breakthrough song "Otherside." Macklemore and Ryan Lewis continued their music, writing about significant worldly issues and evils

they had gone through and overcome—including drug addictions. They steadily released powerful singles regarding issues ranging from questioning the truth and demanding change for same-sex marriage to the problems with brand consumer consumption.

After gaining recognition, they soon found themselves facing the difficult decision of what to do about a record label. The pair decided that they'd take on the music industry without a record label, which is almost unheard of. Macklemore stated that if the music was good enough, the fans would spread the lyrics and love. And that is exactly what happened.

On October 9, 2012, they released *The Heist*, a compilation of four previous singles and 11



brand new songs. Less than two months later, the album soared to the top of the iTunes hip-hop chart, reaching number one.

At the beginning of September, Macklemore and Ryan Lewis took their music on the road, embarking on a 50-city tour starting in London, making its way through Europe, the United States and Australia, and scheduled to end in New Zealand mid-February. *Positive Impact Magazine* caught his Orlando, Florida show, and were blown away. Macklemore is just as outstanding of a performer as he is a lyricist.

In addition to Macklemore and Ryan Lewis on stage, there was a trumpet player and a backup singer, both with extremely high energy levels. The fact that someone can sing while jumping around, climbing on speakers and crowd-surfing at the

pace that this singer did was mind-blowing.



The truly moving parts of the show were the moments in between songs, when Macklemore would sit on his stool and talk about the issues he was rapping about. Before he performed "Starting Over," he explained his difficulties and relapse with the drug OxyContin and how it affected other people in his life. He powerfully spoke about how he overcame the drug and arrived on

stage, performing in front of people who genuinely love his music. He said, "I just know that if an artist I looked up to as a teen truly warned me about the dangers of drugs, I might have done a few things differently, and I hope some of you think about that."

His show ended with a double encore, a truly impressive aerial flight into the crowd and the high-octane, get-up-and-jump-as-high-as-you-can song "Irish Celebration." Judging from the cheers, the crowd would have been content staying there all night to continue the bliss of good music with a great cause.

No matter what type of music you enjoy, you are sure to come across one track that will grab you and pull you into the Macklemore movement. After all, his creativeness has even pushed a couple of his songs into different genres—including soul, alternative and, surprisingly, country.

Whether you're a hip-hop fan or not, I personally recommend giving him a chance and listening to a few songs. This is your warning: If the moving lyrics don't get you hooked, the animated beats will! 🎧



"No matter what type of music you enjoy, you are sure to come across one track that will inspire and pull you into the Macklemore movement."

ALL PHOTOS: Macklemore and Ryan Lewis performing at The Plaza 'Live' Theater in Orlando, Florida.



CINEMA FOR PEACE

Using the power of film to create a better world.

By Tiffany Bowers • Photos courtesy of Cinema for Peace

In this age of ever-growing technology, the influence that film has on people makes it a beautiful vehicle to raise awareness for humanitarian, environmental and world issues. The Cinema For Peace initiative has been using the medium of film to promote and raise awareness for humanitarian and environmental causes since 2002.

In addition to bringing in the big names in the movie industry, such as George Clooney, Leonardo DiCaprio and Angelina Jolie, Cinema For Peace holds an annual gala in Berlin that honors cinematic works that promote humanity and worldwide peace. This prestigious event brings together those within the film industry and personalities from

within politics, media and philanthropy. The gala celebrates peace and freedom and provides a platform from which further philanthropic projects can be born.

Cinema For Peace believes it is important to make use of the influence that film has on us, and the organization attempts to raise awareness for the social relevance of films within our society as whole. Film is something that anyone and everyone can enjoy and experience. It is universal. Through film, the message of peace can be broadcast to an immense audience.

In 2008, Jaka Bizilj established the Cinema For Peace Foundation, which expands on the activities from the annual gala. The foundation aims to further develop these ideas and promote worldwide peace and understanding through film, as well as raise funding for their worthy causes. The organization also produces its own movies, all of which have a valuable and inspiring message at their core.



In 2013, Cinema for Peace will again honor outstanding films and people who have dedicated themselves to the fight against the violence of human rights to create a better world. They will hold their next gala event in Berlin's famous Concert House, which will attract worldwide media attention and subsequently raise more awareness for the cause.

“Film is something that anyone and everyone can enjoy and experience. It is universal.”

During the gala, several awards will be given to a select few films. The awards include The International Green Film Award, The

Award for Justice and The Most Valuable Movie of the Year. The money collected during the gala will benefit the Cinema for Peace Foundation and the United Nations, as well as other charitable foundations. ●

For more information, visit www.cinemaforpeace.com.



CINEMA FOR PEACE



ALL PHOTOS: Attendees gather for a celebration of film produced by Cinema for Peace.

What will you remember?

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Pristine, white sand beaches that stretch for miles, turquoise waters that gently lap the shore and orange and pink sunsets like none you've seen before. The Sandpearl on Clearwater Beach has been generously blessed with nature's gifts. And in deference to our beautiful, natural surroundings, we are committed to doing our part to be environmentally responsible.

The Sandpearl Resort is part of the Florida Green Lodging Program and is recognized by the Florida Department of Environmental Protection for adhering to environmental initiatives that protect and preserve our environment. In fact, the Sandpearl is the only Silver LEED (Leadership in Energy and Environmental Design) Certified hotel in Florida, and one of 13 in the nation to be LEED Certified. We are a leader in energy-efficiency, indoor air quality, water conservation, natural resource conservation and more. Some of our initiatives include: a geothermal pool heating system, an in-room energy management system and a state-of-the-art chilled

water air-conditioning system. Each of these technologies helps provide a comfortable stay for our guests, while protecting the environment.

Rather than discarding guests' leftover soap and shampoo, we donate them to Clean the World to be recycled. Clean the World ensures that these products are melted down and sterilized, and then donated to impoverished countries around the world to combat the spread of disease.

While you are in Clearwater, be sure to enjoy some of the environmentally-friendly activities that celebrate the area's natural beauty. The Clearwater Marine Aquarium offers a close-up look at native marine life, including Winter, the tailless dolphin from the movie, *Dolphin Tale*. The kids will love the interactive "Winter's Dolphin Tale Adventure." And you won't want to miss the Aquarium's Sea Life Safari Eco-Tour boat. This two-hour tour provides a unique learning experience. It leaves from the Clearwater Marina and takes you through the



Intracoastal waters, where you're likely to see wild dolphins and then stops at Shell Island, where you can collect seashells.

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SPREADING GOODWILL TO THOSE WHO NEED IT MOST



ANGELINA JOLIE

By Tiffany Bowers
and Laura Watts

To be a film star, you must have charisma. You must have talent. And you undoubtedly must have drive. In addition to being a mega-star in the movie industry, actor Angelina Jolie has a tireless drive to do well in this world. She selflessly donates time and money to help the greater good, and in doing so, she is leaving a legacy that is not solely based on how many blockbuster films she has appeared in.

Born in California to actor parents, Jon Voight and Marcheline Bertrand, Jolie became interested in the world of film at a young age. As she got involved with small, local productions, her talent grew. Jolie enrolled in The Lee Strasberg Theatre Institute of Los Angeles, where she trained for two years and appeared in several stage productions, perfecting her craft.

“When Jolie turned her attention to philanthropy, she found a new focus in her life.”

Fast-forward 25 years, and her successful career has earned her three Golden Globes, two

Screen Actor's Guild awards, and an Oscar for her stunning performance in 1999's *Girl, Interrupted*. Co-star Winona Ryder was the more famous of the two and was likely to be awarded with a Golden Globe and perhaps an Oscar. Yet it was Jolie who mesmerized the audience as she cemented her position within Hollywood as a great beauty and a fantastic actress.

that millions of people are out there suffering,' she said more than a decade ago, after visiting refugee camps in places like Sierra Leone, Cambodia and Pakistan. "I honestly want to help."

She first became aware of the great poverty in the world while working on the set of *Lara Croft: Tomb Raider* in Cambodia. Rather than throwing her money at a charity and remaining uninvolved,

refugees she meets are to be applauded for the way they have dealt with the hardship in their lives. Rather than dwelling on their past and their suffering, she looks to their future and how their lives can be improved. She facilitates long-term solutions that can positively impact generations to come by getting involved in person—rather than enjoying the short-term gratification of simply writing a check.



Angelina and Brad arrive at the Haneda International Airport in Tokyo, Japan with their six children, Maddox, Pax, Zahara, Shiloh, Knox, and Vivienne.

She has worked very hard to be who she is now—with her growing family and her successful career. When Jolie turned her attention to philanthropy, she found a new focus in her life.

"We cannot close ourselves off to information and ignore the fact

Jolie learned first-hand the plight of refugees around the world by making frequent visits to refugee camps. In doing this, she raised awareness and acted as a messenger to the Western world, setting an example for those who wish to make a real impact.

Angelina Jolie believes that the

"[Refugees] are often seen as a burden when, in fact, they should be seen as the future of their countries and people who are extraordinary survivors," she told British UNICEF Ambassador Martin Bell in an interview this year. "When I meet them, I feel a great sense of hope for the future, and I think they should be invested in and supported."

Jolie explained to Bell why the cause of refugees is so important to her, when she could lend support to any number of philanthropic efforts.

"These people are facing all of the ailments of human society," Jolie stated, "and on top of it, they have lost their basic human rights and their home. So every part of humanity is represented in a refugee camp. So, in fact, working with them, I work with all issues."

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Jolie is also an advocate for those countries that may not receive the media attention that others do yet still face many of the same problems. She looks beyond the popular stories in the media and finds a town or province that is in great need of help. Then she attempts to make as much of a positive impact as she can.

When Jolie visits these impoverished, warring countries, she covers all her own travel costs and often throws herself into every aspect of the mission—including sharing the same living and working conditions as volunteers and members of the United Nations High Commissioner for Refugees (UNHCR), the organization she has been most closely involved with since the beginning of her humanitarian journey.

In 2001, Jolie was given the accolade of UNHCR Goodwill Ambassador for her work with the organization, and today she still generously helps charitable efforts around the world. For instance, recently she made headlines for meeting with refugee children in Jordan. Also this year, Jolie's own charity, Education Partnership for Children of Conflict, donated \$50,000 to Tina Brown's Women in the World Foundation in honor of Malala Yousafzai, a young girl wounded by the Taliban for her passionate campaigning for rights in education.

"It only takes the voice of one brave person to inspire countless

men, women and children," she wrote in *The Daily Beast* about Malala. Ironically, this is an accurate description of Jolie herself—speaking up for those who don't have a global voice like she does.

"It only takes the voice of one brave person to inspire countless men, women and children."



Angelina poses on the red carpet during the premiere of *The Tree of Life*.

It is refreshing that Jolie does not use her philanthropy as a means to raise her public status. She rarely grants interviews on the topic of her charitable work. However, she is aware of the positive outcomes and subsequent awareness that can be achieved through her celebrity status.

By talking directly with politicians and having her voice heard by millions of people, Jolie further extends her amazing humanitarian work. Jolie has also used mass media to further raise awareness

of refugee issues. For example, while traveling to some of the refugee camps, she chronicled her thoughts in a book entitled *Notes From My Travels* and later released her film *Beyond Borders*, all of which helped promote her cause and subsequently raise awareness and money.

In recent years, Jolie has focused her attention on her family, and she and partner, Brad Pitt, are rarely seen without their brood. In addition to their three biological children, she adopted three children, each from a different part of the world.

Angelina Jolie and Brad Pitt may be known for their growing, multi-cultural family and high-power film careers, yet they have focused their lives on helping those less fortunate in them. In fact, they were both mentioned in a 2008 issue of *Time* magazine as two of the 100 most influential people in the world for their philanthropic work.

Together they set up the Maddox Jolie-Pitt Foundation, which has donated tens of millions of dollars to aid humanitarian causes worldwide, according to Pitt. The foundation focuses on creating stability within the environment and ensuring the prevention of negative environmental changes.

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Photo by Getty Images

Angelina reaches out to help those in third-world countries who are less fortunate and in need of the help she and those with whom she is connected can provide. She is oftentimes a voice for the voiceless.

RATHER THAN TALK ABOUT IT, ANGELINA JOLIE TRAVELS AROUND THE WORLD IN SUPPORT OF A VAST NUMBER OF CHARITIES AND FOUNDATIONS.

“Her good deeds are an inspiration for anyone who wants to make a positive impact”

Afghanistan Relief Organization
 Alliance for the Lost Boys of Sudan
 Cancer Schmancer Movement
 Care to Learn
 Cinema for Peace
 Clinton Global Initiative
 Daniel Pearl Foundation
 Direct Change
 Doctors Without Borders
 Global Action for Children
 HALO Test
 Human Rights Watch
 Jolie-Pitt Foundation
 Kids in Need of Defense

Millenium Promise
 Millenium Villages
 Motion Picture and Television
 Fund Foundation
 Muhammad Ali Center
 ONE Campaign
 Peace One Day
 Reporters Without Borders
 Sophie's Gift
 SOS Children's Villages
 UNHCR
 UNICEF
 UN Millenium Project
 Yele Haiti Foundation

DATE NIGHT CONNECTION

By Dr. Kim Costello, PsyD, LMHC,
DAPA, BCPC, CEDS
Photos courtesy of Dr. Kim Costello

Ditch the technology and enjoy some one-on-one time.

My husband, Franco, and I always look forward to our date nights. With the busy schedules we both manage, these special nights together can be few and far between, while they are a time we cherish.

Our most recent outing was two weeks ago. We planned to eat dinner together at Bonefish Restaurant on a Wednesday evening. While Wednesday might be considered a slow night at some restaurants, Bonefish offers both an appetizer and cocktail special that tends to keep the restaurant pretty packed. So we were not surprised when the hostess indicated that our wait time for a table would be about 90 minutes.

Since we were prepared for the wait, we decided to stick it out and use that time together to enjoy one another's company. We stepped outside to avoid the growing crowd and get a little fresh air together. As I scanned our surroundings, I could not help noticing that many of the other couples waiting on tables seemed to be completely disengaged from one another.

Presumably, for at least some of these couples, this was also their date night—a joint respite from their otherwise overscheduled, over-stressed lives. Yet glancing around, I saw very few of them interacting with one another.

There was a woman staring intently into her wine glass as her husband's eyes focused on the baseball game on the restaurant's TV. Another couple I noticed had arrived at the restaurant together, but each now seemed to be on an exclusive date with their cell phones. They were each hunched over their phones texting or playing games and nodded up at one another only occasionally.

“Intimacy is a relationship muscle that must be exercised.”

Upon observing this scene, I felt dismayed and disheartened. Here we were at a delicious restaurant with wonderful ambiance and soft, relaxing music playing in the background, yet hardly anyone seemed to be truly present.



Pastor Ed Young of the Fellowship Church in Grapevine, Texas recently wrote, “Relationships are becoming increasingly technology-driven, which decreases the chances that individuals have to connect with one another on a personal level. A strong degree of intimacy is important for all relationships, particularly marriages. While the innovations of today's society have indeed improved the convenience, speed and ease of communication, it is important that couples remember the value of intimacy and make time to support it.”

Like me, it seems that Pastor Young has noticed this phenomenon of decreased interaction. He too is concerned about the over-dependence on technology and how it interferes with people's ability to connect with each other.

Along with his wife, Lisa, Pastor Young recently co-authored the book *Sexperiment: 7 Days to Lasting Intimacy With Your Spouse*. The bottom line that this book emphasizes is that, as couples, we need to connect. Spending time with one another and interacting in a way that allows for dialogue, facial expressions and physical touching is essential. Our date nights should be a time of fun and communication.

Joanne Roberts, associate professor and chairwoman of the sociology department at Hardin-Simmons University, also agrees that technology has had positive and negative effects on relationships. She emphasizes, "If someone is in a long-lasting relationship, face-to-face interaction is necessary." Her research has shown that facial expressions, tone of voice and physical touch play too large a role in relational interactions to be ignored.

In light of all this evidence of how important it is to make our date nights count, there are some simple steps you can take to focus your own date nights on what they are really about: the two of you enjoying each other's company.



• TIP ONE

Active Listening.

Make your time together count. Hear what your partner is saying, maintain eye contact and refresh your romance. Be aware of the facial expressions you are making. Are they encouraging? Attentive? Engage in loving gestures that show you are listening and care about what is being shared.

• TIP TWO

Compliment one another.

Compliments build self-esteem. Everyone loves to be noticed, and when it is your spouse noticing you, it feels even better. Compliments are contagious. Let the epidemic begin.

• TIP THREE

Physical touch.

Reach out and touch your mate. Hold hands, hug, snuggle together in a booth while you are eating out. Play footsy under the table or lean into one another as you discuss your day and future plans. Be playful. Act like teenagers.

• TIP FOUR

Take a break... and communicate.

Put your cell phones on silent, refrain from texting and let the dialogue begin. Make eye contact. Even that very simple shift in attention will encourage healthy interaction and a successful date night.

• TIP FIVE

Laugh.

• TIP SIX

Don't take yourself so seriously.

Here's a little story to illustrate the importance of this rule.

Two prime ministers are sitting in a room discussing affairs of state. Suddenly a man bursts in, shouting and stamping and banging his fist on the desk. The resident prime minister admonishes him. "Peter," he says, "kindly remember rule number 6," whereupon Peter is instantly restored to complete calm, apologizes and withdraws. The politicians return to their conversation, only to be interrupted yet again 20 minutes later by a hysterical woman gesticulating wildly, her hair flying. Again the intruder is greeted with the words: "Please remember rule number 6." Complete calm descends once more, and she too withdraws with a bow and an apology. When the scene is repeated a third time, the visiting prime minister addresses his colleague: "My dear friend, I've seen many things in my life, but never anything as remarkable as this. Would you be willing to share with me the secret of rule number 6?" "Very simple," replies the resident prime minister. "Rule number 6 is 'Don't take yourself so seriously.'" "Ah," says his visitor, "that is a fine rule." After a moment of pondering, he inquires, "And what, may I ask, are the other rules?" "There aren't any."

Rule number 6 is a good rule for every spouse who's looking for a daily dose of laughter. If you're like most people, you can take life and yourself a little too seriously, and that always stunts laughter. So lighten up. Relax. Remember what really matters. And remember rule number 6.

The next time you and your partner are lucky enough to be able to steal away together for an evening of quality time, use these strategies to make the most of it. Remember, intimacy is a relationship muscle that must be exercised. Help keep yours strong. ●

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Jolie has said that her philanthropy work helps her stay grounded within the world of Hollywood and prevents her and her family from getting caught up in the fame and bright lights of the movie-star world. Helping others and being selfless creates a good balance, and she has said that interacting with people from different walks of life—and who are perhaps not as privileged as she—has reminded her to count her own blessings.

Angelina Jolie's humanitarian work continues to be a beacon of hope for many people around the world, and her good deeds are an inspiration for anyone who wants to make a positive impact. She truly is the epitome of beauty from the inside out. ●

Jolie has been involved in the business of making movies since her early childhood years.

MOVIES STARRING ANGELINA JOLIE:

“Her philanthropy work helps her stay grounded with the world of Hollywood”

- Lookin' to Get Out
- Cyborg II: Glass Shadows
- Hackers
- Without Evidence
- Love Is All There Is
- Foxfire
- Playing God
- Mojave Moon
- George Wallace
- Playing By Heart
- Gia
- The Bone Collector
- Pushing Tin
- Hell's Kitchen
- Girl, Interrupted
- Gone in 60 Seconds
- Original Sin
- Lara Croft: Tomb Raider
- Life or Something Like It
- Lara Croft Tomb Raider: The Cradle of Life
- Beyond Borders
- Taking Lives
- Sky Captain and the World of Tomorrow
- Shark Tale
- Alexander
- Mr. & Mrs. Smith
- Confessions of an Action Star
- The Good Shepherd
- Beowulf
- A Mighty Heart
- Wanted
- Kung Fu Panda
- Changeling
- The Tourist
- Salt
- Kung Fu Panda 2



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Supporting Local Schools One Bottle Label at a Time.



A Noble Cause for Noble Juice

In these tough economic times, one family-owned and operated business is doing its part to help schools raise money for much-needed supplies. Noble Juice, based in Winter Haven, Florida, recently launched the Noble for Knowledge campaign, which enables students to raise outside funding for their schools.

Students simply collect labels from the bottles (which are made from earth-friendly, corn-based plastics) of any flavor of Noble Juice, and when the labels are turned in to Noble Juice, the company donates \$.50 per label.

Several schools in Noble Juice's hometown have already jumped on board, and the company looks for the program to aggressively expand throughout the state and beyond. According to president and CEO Quentin Roe, "We looked closely at our operations, trying to figure out the best way to get involved in not just our own community, but others as well. After many discussions, we came to the conclusion that even in a down economy, our



kids and schools need to be taken care of, and this is our way of doing that."

Roe, the third of four generations to run the family business that began in 1927, has headed the juice division since its inception in 1995. Noble Juice specializes in artisan juice production and has created a large niche following that desires something more in citrus juice than is offered by the much larger competition. Unique flavors and citrus varieties (such as Pummelo Paradise, the newest addition and

first pummelo juice line ever made) help separate the company from the limited lines and tastes of the bigger corporate juice brands.

The Noble for Knowledge campaign is available to anyone interested in joining, and the Noble Juice family would love for as many students and schools to be involved as possible. For more information, please visit www.Noble4K.com. Noble Juice is also on Facebook and Twitter. Get involved and support local education! ●

"Even in a down economy, our kids and schools need to be taken care of."

PRANIC HEALING: A KINDER, GENTLER FORM OF ENERGY HEALING

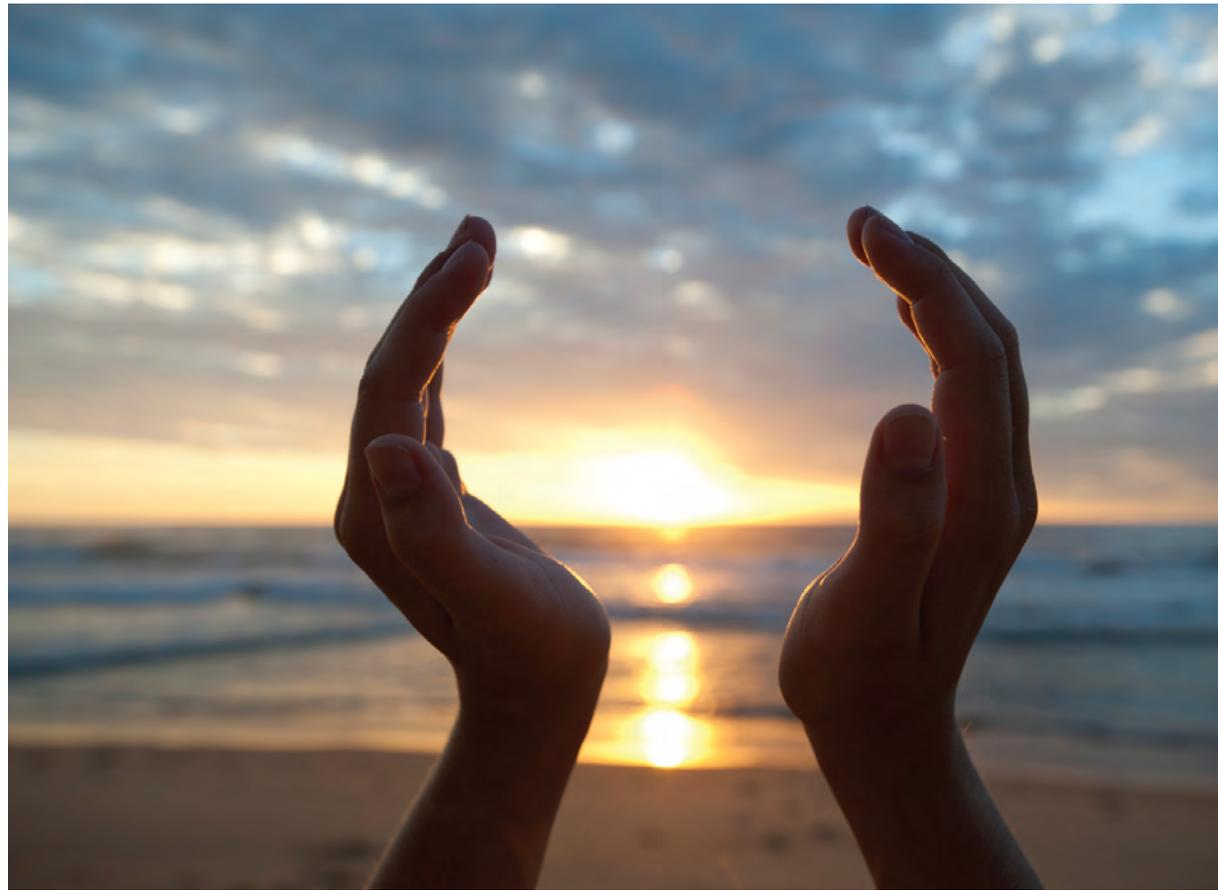
By Gayle Myers

"Everything is energy and that is all there is to it. Match the frequency of the reality you want, and you cannot help but get that reality. It can be no other way. This is not philosophy. This is physics."
—Albert Einstein

Prana, chi, life force, spirit, energy; it would seem that every culture has its own name for the mysterious current of life. What is this element that distinguishes the living from the dead?

Energy—we know it, we feel it, we feed and charge it, and we certainly can discern when it is strong and when it is waning, both in ourselves and others. We treasure and remember the moments in life when it was balanced, flowing and abundant, for those are the times we felt the most vibrant and alive.

To say that our physical health is connected to the flow of this mysterious, invisible force of energy is an observable fact. It is interesting that as science and medicine advance, both disciplines are now beginning to take more note of this electrical force within all life forms and recognize that it can be affected



and altered by even subtle outside forces.

Since the most ancient of times, there have always been healers who have worked primarily with the subtle forces of energy within the body. We've seen it in ancient cultures and religions throughout the ages.

Advocates of the newly emerging advancements in 19th-century

science and medicine labeled the energy healing of ancient cultures as "suspect" at best and downright fraudulent at worst. It is somewhat comical then that it is the further advancement of these fields that are causing them now to eat their words. Today's medical instrumentation is precise enough that it can now measure differences in a patient's actual body functions, such as heartbeat, when submitted to energy healing in blind studies.

Likewise, though energy healing is still not universally embraced, more and more cutting-edge medical establishments are finding a place for the complementary approaches of energy healing and other systems of health embraced by ancient cultures. The prestigious University of Massachusetts Medical Center hosts the pioneer work of Jon Kabat-Zinn on stress reduction. His system utilizes age-old techniques such as yoga and meditative relaxation and is now almost universally accepted to be a useful adjunct to the care of chronic pain, heart disease, cancer, PTSD and a multitude of other ailments.

Other energy healing techniques, some involving touch and others not, are Reiki, Healing Touch, Therapeutic Touch, Cranial Sacral and Myofascial Release. One system readily available is Pranic Healing. Each system utilizes the energies of the body itself and the surrounding universe to manifest or modify healing.

In a recent interview with Nicole Fouché of Amethyst Health in Tampa, Florida, we discussed some of the characteristics that distinguish Pranic Healing from other systems. Unlike most, which involve touching the body, the Pranic system does not. As both an individual practitioner and a trainer of other Pranic healers, Fouché has witnessed many miraculous shifts through Pranic Healing techniques in the United States and in other places it is practiced throughout the world.

“In Pranic Healing, our ultimate goal is to one day have one Pranic Healer in every family,” Fouché pointed out. “Though Florida is a bit behind in accepting energy healing, this is not the case in other countries. In India and in various places in South America, there are adjacent wings of hospitals utilizing Pranic Healing next to oncology departments.”

Fouché was careful to point out that Pranic Healing is never meant as a substitute for traditional medicine techniques, it is simply a wonderful complement to ongoing medical procedures.

“As science and medicine advance, both disciplines are now beginning to take more note of this electrical force within all life forms.”



“Pranic Healing, as developed by Master Choa Kok Sui, always begins with an energetic cleansing of the client. Remarkable results often ensue just from that first stage. The practitioner is taught to sense areas of condensed energy where blockages have or will create illness and disease, as well as areas of energy depletion also often responsible for sickness. Pranic Healing involves very specific techniques. It is not a one-size-fits-all mere giving of energy from the healer to the client.”

One of the things that also distinguishes Pranic Healing is the self-hygiene techniques taught to practitioners through the use of breath and energy. This prevents healers from taking on the energies of their clients.

“Pranic Healing was designed to be accessible to everyone,” Fouché continued, “so our practitioners range from medical doctors to simple householders in third world countries. It is not a system requiring the verbalizing or reliving of trauma for the trauma’s energetic release. We have had incredible results with PTSD. Many people simply do not want to talk about their past. They may even fear going back to

verbally relive traumatizing experiences. As well, men often have a great deal of trouble verbalizing emotions and trauma, so they usually love our techniques.”

Fouché has observed a growing number of people interested in the work both professionally and simply to utilize with their own families. She often hosts advanced trainings with Pranic Healers from other areas of the country and world.

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ON TARGET FOR LIFE

By Amy Emme
Photo by Dave Parmelee

How to hit the bullseye and overcome any obstacle

Have you ever wanted to see, be, do or have things in your life and felt that, no matter what you did, everything somehow always seemed out of reach? Did it ever feel like everyone else except you achieves their goals? If so, begin by asking, “What do I really want?”

As a coach, I use hypnosis and neurolinguistic programming to work with a variety of people—from world-class athletes, corporate execs and kids to performers and scientists. I can assure you, it doesn't matter who, what or where you are in your life. If you just apply this little formula I made up from years as an archery coach, you will attain what you really want.

First memorize this statement:

**WHERE FOCUS GOES,
ENERGY FLOWS, AND
RESULTS SHOW!**

Think of an archer. When he wants to hit a target, he has to find it, focus on it then follow through with letting the arrow release to hit it. In life, you are the archer and everything you want is the target. Every thought you think,

word you speak and action you take will determine whether or not you get to the bullseye of your target.

If you are like many of my clients and you are feeling unfulfilled or unhappy ... if you want more money and it seems you are in a constant state of shortage ... if you are not satisfied in your job, feel stuck and see no way of improving it ... if your relationships are not pleasing ... if your body does not feel or look the way you would like, then pay close attention.

The key to getting to the bullseye on all these problems is the same: What are you focused on? Allow this formula of “Find it—Focus—Follow-through” to sink into your subconscious so it becomes as natural to you as breathing.

Let's start with the topic of money—an easy subject to measure. People say they want more, yet it is so vague. They don't know how much more. We must be specific. The target in



archery has many rings, yet we aim for the bullseye. The beauty of it is that we still get some points even if we don't hit exactly in the middle. Yet we always know what we are aiming for.

So we apply our “Find it—Focus—Follow-through” formula on our example of wanting more money:



► **FIND IT
PROBLEM-COMPLAINT**

Some people say, "I don't have enough money to do what I want." You must be specific. "Enough" is a vague word, yet this is how most people talk until they understand the formula. Ask yourself how much is enough, and why do you choose what you do. You must specify exactly how much you need and why you need it:

► **FOCUS
SOLUTION**

"If I had \$20,000 in the next three months, I could take that class to advance me in my career, and that would allow me to serve for greater life experiences."

► **FOLLOW-THROUGH
ACTION STEPS**

"What lending places could I approach to get a loan—friends, family, community resources, etc.? Where could I get a part-time job? What could I sell?" Then put your action plan into place.

Observe yourself and ask: "Where are you focused?" You will start to see your patterns. Apply this formula, and you will instantly get the results you have always desired. At first it is like anything else and takes a little practice. You will get into great mental shape, and you will begin to only see bullseyes and know exactly how to hit them every time. ●

For more information, visit: www.anyemme.com



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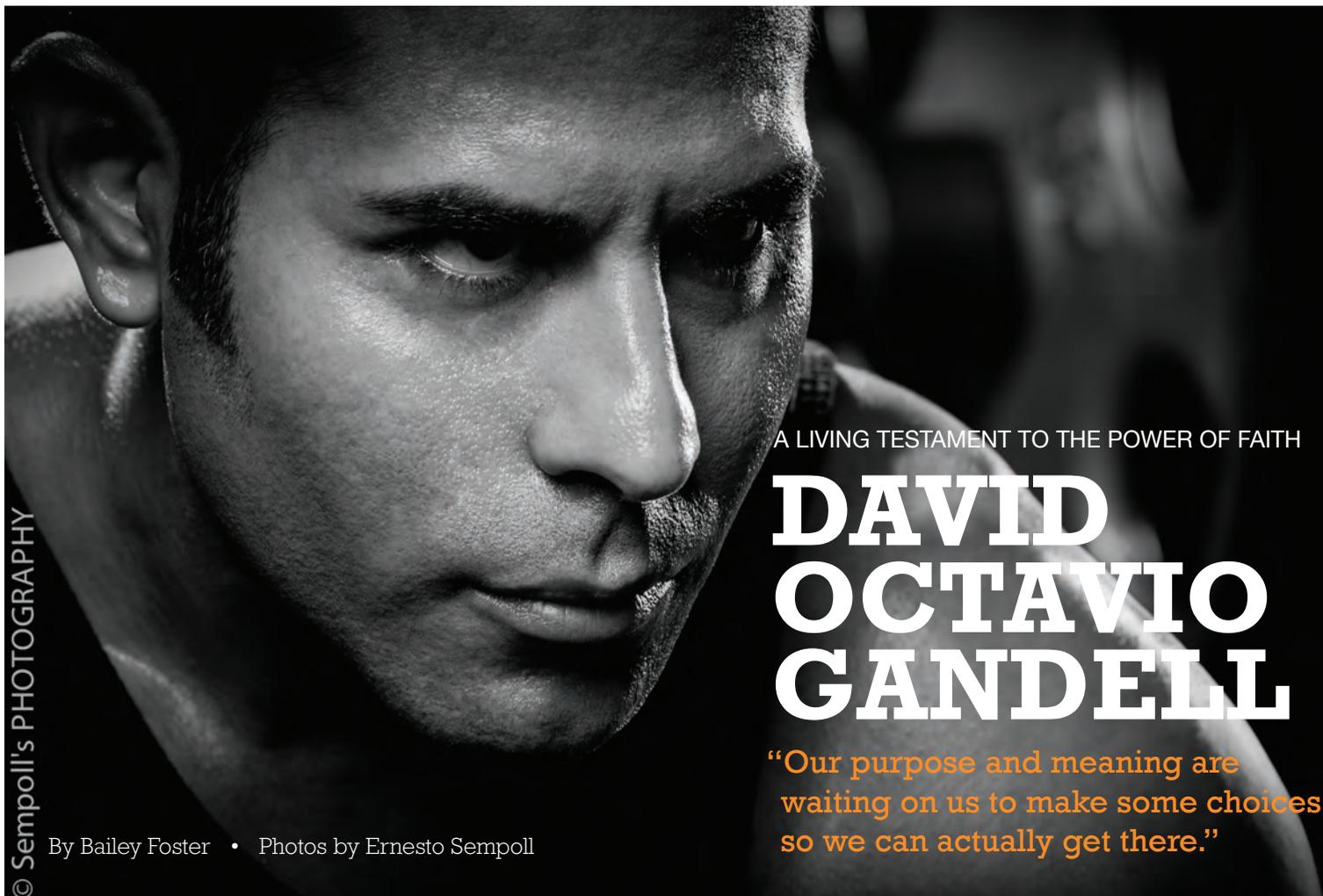
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A LIVING TESTAMENT TO THE POWER OF FAITH

DAVID OCTAVIO GANDELL

"Our purpose and meaning are waiting on us to make some choices so we can actually get there."

By Bailey Foster • Photos by Ernesto Sempoll

It's a story of strength and perseverance. It's a story of determination and inspiration. And most of all, it's a story of faith.

David Octavio Gandell was a personal trainer, manager of a gym, fitness host and part-time model and actor. In August 2006, this successful and hugely capable man was lying in a hospital bed on morphine. Cancer covered his organs so they were not even visible on CAT or PET scans, and doctors said he would not survive through the weekend.

"I felt like I was on death row, and I was getting ready to eat my last meal," David says, recalling the most profound struggle of his life. Rather than surrender all

hope, David continued to rely on his faith and belief that God would bring an instrument to heal him.

He turned the death sentence into a challenge. "I was going to fight. I was ready for the fight," he says, determination still echoing in his voice.

It was when all hope seemed lost that one phone call became the affirmation of David's faith. A single doctor was willing to take his seemingly hopeless case, and Dr. Pasquale Benedetto from Sylvester Cancer Center in Miami became the answer to David's prayers and the key to his survival.

Today, David is a living miracle.

He is a life coach, inspirational speaker and writer. He is back to modeling and training. And most remarkable of all, he is now a two-time cancer survivor.

That's right, David's battle with cancer began in August 2004, when he received his first diagnosis at the age of 29. He remembers the agonizing emotion of that moment. "When I got the news that it was cancer, I blacked out."

David's promising life was threatened with the discovery of an immature teratoma, a rare and incurable tumor that causes different types of aggressive cancers. Doctors surgically removed the tumor, and the cancer didn't resurface for another two years.



After surviving cancer once and being diagnosed yet again, David found alternative ways to manage his health.

When he was diagnosed again in April 2006, he chose to pursue holistic treatments, including vitamin injections, a clean-food regimen and plenty of water. Throughout these treatments, David was able to lead his “normal” life, fulfilling commitments he had made to others by continuing to host fitness shows, manage a gym and train clients. “I knew that at some point, God was either going to heal me or something else was about to happen,” he says.

That something turned out to be Dr. Benedetto, and the leap of faith he took by picking up the phone and calling David. After days of initial testing, Dr. Benedetto recommended that David undergo an

intensive series of 96 individual chemotherapy treatments. Following the first round of chemo, David lost all his hair and weighed a mere 124 pounds.

“There were many days that the pain was unbearable ... that my body was so weak that I felt I was going to literally just die right there,” David remembers. Yet this fitness enthusiast and faithful soul held on to his visions of the future, the gifts that had been placed in his life and the knowledge that this cancer would in fact play a part in making his dreams a reality.

David poured his determination and sense of hope into regaining his strength and physique. To the astonishment of everyone around him, he returned to the gym, working out a little bit at a time and slowly rebuilding the muscle that chemo had stolen. He increased his caloric intake to 5,000 and 6,000 calories a day, and by the time his chemo rounds were over, David had become one of the only cancer patients to have gained weight during chemotherapy treatments.

In February 2007, after a staggering 12-hour surgery, David was declared cancer-free. Then and there, he decided he would dedicate the rest of his life to sharing his miraculous story with others. Since childhood, David had felt it was his purpose in life to inspire millions. After surviving terminal cancer twice,

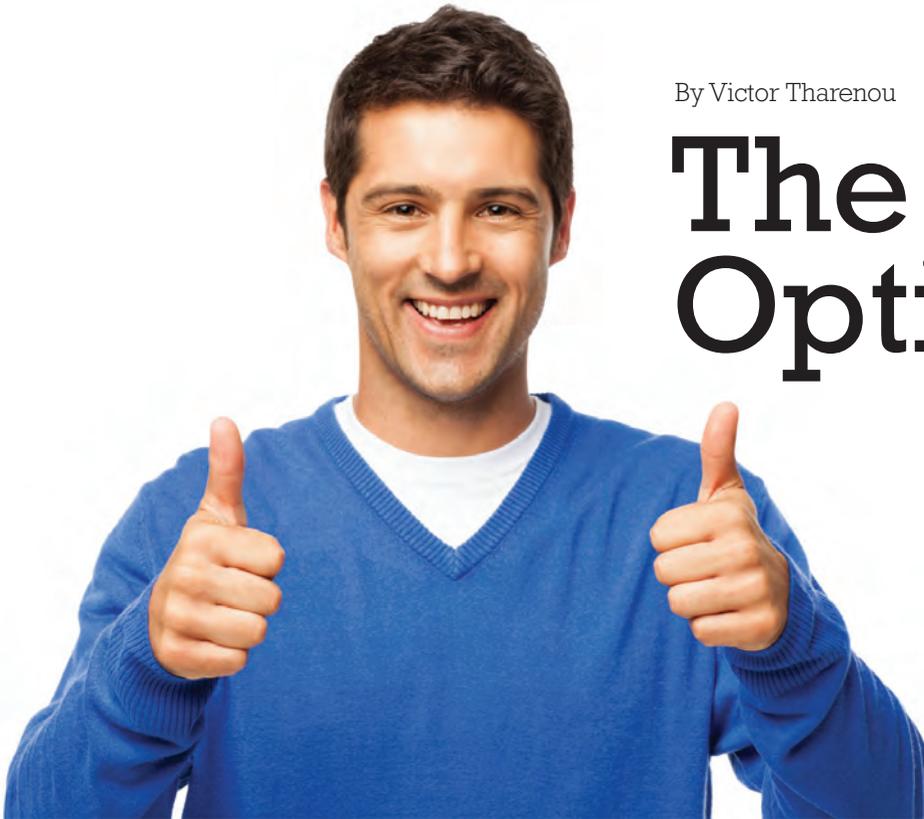


David Gandell transforms his body and his life as he dedicates himself to sharing his story with others.

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By Victor Tharenou

The Eternal Optimist



USING THE POWER OF NEGATIVE PEOPLE

Have you ever encountered someone who is inherently negative? Someone who, no matter the situation, always sees the glass as half empty? Being a positive and proactive person can have a beneficial effect on your life, but an encounter with a person who doesn't share your optimism and zest can also influence you in an immensely positive way.

Negativity is draining; it sucks the energy out of life. Have you ever met an energized, productive and thoughtful pessimist? So how can a negative person play any sort of positive role in your life?

When you decide to enact positive change in your life, there is usually a catalyst to that

process—whether your goal is getting healthy, staying motivated or even defeating procrastination. This is where a negative person can influence you on a very deep level, as he or she gives you the most powerful catalyst of all.

It's not that easy. A positive mindset is like your mantra, your set of ethics, to be repeated in times of doubt. Only by acting out the change you wish to see in your life can the positivity derived from negative people be acutely seen.

Maybe that's the secret to staying motivated: to find that catalyst within us ...to continually motivate, encourage and propel you toward your goal, whatever it is. Here are some strategies to help

you cope with negative people.

The next time you find yourself in the presence of a negative person and you feel yourself being drained by their presence, embrace it. Use the influences and opportunities that are given to you. Use the positive power of negative people as a catalyst to help you on your own journey to authentic growth and happiness. ☺

“The next time you find yourself in the presence of a negative person and you feel yourself being drained by their presence, embrace it.”

1

IDENTIFY

It's important to identify if a person is instinctively negative, as this will stop you from wasting your time and energy trying to argue differing points of view. Positive people are inherently helpful and will usually show others the benefits of this type of mindset.

2

OBSERVE

Take some time to listen to the person's point of view. Look for the beneficial elements in their individual philosophy. Remember, never judge a book by its cover.

3

ASK QUESTIONS

Talk, make conversation, ask questions. These will help you get an idea of the origins and beginnings of the person's demeanor. Sometimes all it takes is a friendly face and an open ear to bring about positive change.

4

TAKE STOCK

After the encounter, remind yourself of your own personal positive mantra. Using your own philosophy as a guide, try to fit their negative belief system into your own positive framework. Use what they see as a negative and make it a positive reinforcement for your life change. Even though their glass is half empty, yours will always be half full.

5

ADD IT TO YOUR TOOLS

The experiences gained along the road of life all add to your personal positive mindset. Add these “negative” encounters to that pool of resources, so it can be used as a catalyst to help you in the future.

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Certainly, medicine and the prevailing culture often have a difficult time embracing what is seemingly “invisible” to the naked eye. We must remember that “germ theory,” now in absolute acceptance, was once scoffed at and labeled foolish by the prevailing medical establishment of its day. Doctors routinely did not observe even basic hygiene when treating patients and often went from sick bed to birthing bed without washing their hands.



Energy healing seems to fall in this category—another seemingly “invisible” force that becomes more accepted as modern technologies and instruments become advanced enough to measure its results. Such advancements are happening, and like “germ theory,” it may one day be as accepted and commonplace.

It is interesting to contemplate a future where we are able to take more responsibility for our own health and longevity by learning to stimulate, balance and/or release excesses of energetic life force through simple, easy-to-learn and easy-to-master practices. Perhaps we will ultimately discover that the very energy within us is the mysterious and long sought-after Fountain of Youth, its access not requiring distant voyages to gain just simple self-awareness. ☺

For more information, visit www.amethyst-health.com



gluten-free and vegetarian!

By Amie Valtone

Raspberry Honey Spinach Salad with Fingerling Potatoes

Ingredients:

- 4 red potatoes
- 1 cup fresh raspberries
- 4 cups loosely packed mixed leafy greens such as spinach or arugula
- 1/2 cup snap peas
- 1/2 large red onion, thinly sliced
- 1 tablespoon melted coconut oil
- 1/2 teaspoon honey
- 1 tablespoon finely chopped fresh sage
- 1 tablespoon sesame seeds
- 1/4 teaspoon sea salt
- 1/4 teaspoon crushed red pepper flakes
- 1/4 teaspoon freshly ground black pepper

Directions:

Boil a large pot of water over medium heat; add potatoes and cook for 20 minutes or until tender. Remove from heat; drain and run under cool water for 1 minute. Cut potatoes into quarters and place in a large bowl. Add remaining ingredients; gently toss to combine. Transfer to serving bowls; serve warm.

HAPPY NEW YOU!

ASKING THE RIGHT
QUESTIONS CAN
CHANGE YOUR LIFE.

Story and Photos
by Dr. Dain Heer



There were three colors where I grew up: brown, black and me. I grew up in the ghetto on the outskirts of Los Angeles, in an area similar to Compton, and I was the only white kid for eight square miles. Bottom line: I was DIFFERENT. While in the ghetto, I experienced extremes of abuse ranging from sexual abuse to physical abuse to emotional abuse to fearing for my life a number of times.

Twelve years ago I came to a point where I was going to kill myself because I was so depressed and unhappy. I figured my childhood had finally caught up with me—and won. I gave the Universe six months.



A week later, I came into contact with something called Access Consciousness—a set of tools and processes that completely changed my life. It still took me years to realize that I was not a victim of my childhood—years of actually

using these tools every single day and being willing to look at things from a completely different point of view than most people.

That, in itself, was an amazing gift, since it gave me the awareness that everything is changeable. Everything! I realized that I am not a quitter. Whatever comes up, I'll keep going, I'll keep asking, I'll keep looking for what can change this into something greater.

What if the same is true for you? What if we are the ones creating our lives? What if we are the ones moving ourselves into something new?

I travel the world, empowering people and giving them access to the tools they need to change their lives and get happy too. I have shared literally hundreds, if not thousands, of Access Consciousness tools with the participants of my workshops over the last 12 years.

Here I will share with you one deceptively simple and truly dynamic concept. I hope it can start to change your life and open different possibilities and perspectives for you, as it has for me.

Ask questions for everything you'd like to change. Most of us have concluded that our lives have to be the way they are showing up for us right now, or the way they have shown up in the past. Please, take my word for it: they don't.

Most of us have been heading in one direction for so long, we have worn a rut on the path we are on. It's as though we are heading in only one direction, with walls to the left and right that we can't

see over, around or through. It's like we're out of possibilities.

When we ask a question, doors appear in those walls, and they have light and space and possibilities behind them that we never considered could exist before. Remember: When in doubt, ask a question.

I know ... it sounds too easy to be true. These questions can start changing your life — if you're willing to use them. Move yourself out of whatever you're stuck in and choose something different by asking the questions and looking for the doors that open. Are you ready? ●

ASK YOURSELF THESE QUESTIONS

1

How does it get any better than this? Ask this whenever something good or bad happens. It will make either situation better and keep a "good" thing getting even better. One lady I know went from dimes to diamonds by just asking this question.

(Warning: Asking this question may make you happier than you ever thought possible.)

2

For anything you desire to change, ask: What else is possible here? What will it take to change this? Remember, open those doors of possibility! Let the walls of the impossible start crumbling down.

For more information, visit: www.drdainheer.com

3

EVERY TIME you decide that you are wrong, or a situation you've created is wrong, ask: "What's right about this that I'm not getting?" or "What's right about me that I'm not getting?" We have so many judgments about the wrongness of us and everything we choose. What if everything that looked like it was wrong was actually the thing we've been asking for, showing up in a totally different way than we thought it would?

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he had the perfect platform to fulfill this purpose.

David resigned from managing health clubs and now commits himself fully to spreading his message of inspiration. "Know that we all have a purpose," he says. "We all have meaning, and our purpose and meaning are waiting on us to make some choices so we can actually get there."



It's clear how David got there: He kept the faith and refused to give up on his dream. This is the motivation he shares with others. "I dare you. Give faith a chance," he says. "I believe in miracles, because I look for them because

I'm aware that they exist. I expected a miracle in my life."

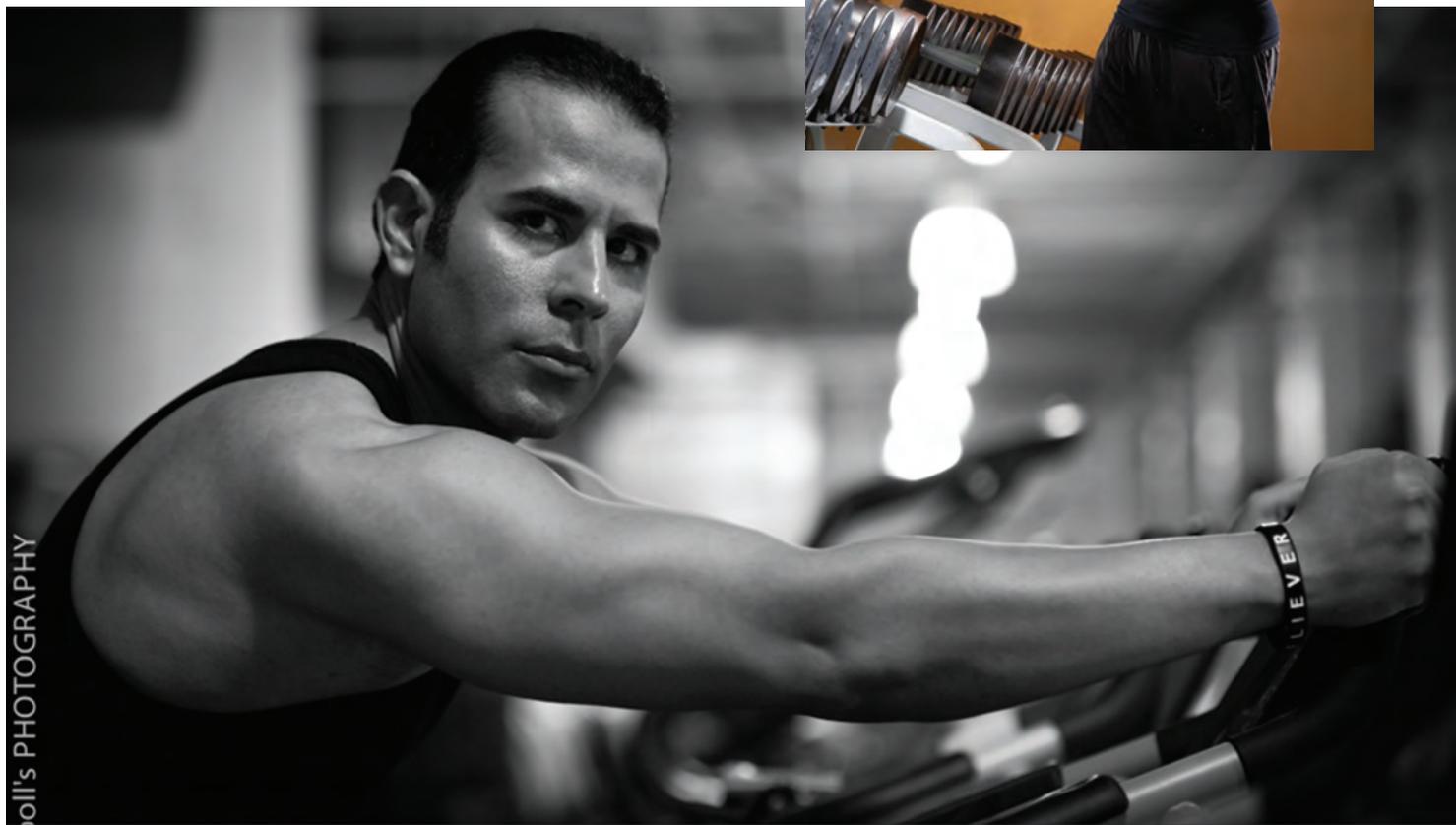
As president of Octavio Gandell, Inc., David inspires others by speaking at companies, schools and churches, helping to increase cancer awareness and support a variety of causes. He spearheads fundraisers and shares his story by hosting fitness events and charity benefits. David also works as a life coach, helping people identify their purpose and lead lives that have a positive impact on the world.

In the future, David plans to start a foundation for kids with cancer to give them the same hope he found. On the horizon for David are a plethora of other projects as well: multiple books, a documentary and

even a full-length film.

Without a doubt, the dream of David's childhood has come to fruition through his extraordinary journey of survival. His courage, tenacity and faith present a clear challenge to everyone who hears his story: Find your purpose, live your purpose and expect miracles. 🌀

To learn more about David, visit www.davidoctaviogandell.com.



JOHNSON'S PHOTOGRAPHY



THE GO-GIVER

By Bob Burg and John David Mann

“You give because it’s who you are ...it’s what you do.”

Shifting your focus from getting to giving—that is, to focus on constantly and consistently providing value to other people’s lives—is a nice way to live life and a financially profitable way, as well. More often than not, however, it seems that giving comes with an agenda. “If I give enough, and to the right people, eventually I’ll get.”

The true spirit of giving (even in business) is to give without attachment to receiving. This does not mean giving without expecting to receive. After all, why wouldn’t you expect to receive? Receiving is a natural part of life. What it does mean is that you give—you provide value—on an ongoing basis without an emotional attachment to or demand on receiving anything from the person you’re giving to or from anyone else.

You give because you truly enjoy giving. You give because it’s who you are ... and it’s what you do. When you do that, great and magnificent results will begin to occur.

Why? Because people will feel good about you. They will know you, like you and trust you. And now you begin to naturally attract the people who will do business with you, both personally and through referral.

The key in changing your game is through a shift in focus—a shift from an ‘I’ focus to an ‘other’ focus. You take your eyes off yourself and focus entirely on bringing value to the other person.

So how can you bring value to someone else’s life, whether in person or through social media, aside from directly through your products or services? You are probably already thinking of a few ways: a kind word, a referral, some helpful information, your appreciation.

The relationship-builders who have mastered that shift, those people we call Go-Givers, understand that successful business relationships, like any other relationships, do not operate by 50/50, they operate by 100%. Yes, you actually put yourself into the mindset of caring more about the other person’s success than about your own.

Thomas Powers, Ecademy founder and author of *Networking for Life*, refers to this concept as “the willing suspension of self-interest.” In much the same way as we willingly suspend our disbelief when at the movies in order to enjoy the show and feel the feelings the film elicits, here we willingly put aside our self-interest. This does not mean forgoing your self-interest but simply suspending it for the moment. And doing so will bring you huge dividends.

By the way, if suspending your self-interest doesn’t feel natural ... do it anyway! You’ll love the results, and you’ll find it soon becomes you. ●

FROM LEMONS TO LEMONADE

By Bailey Foster
Photos courtesy of Wayne Cook

Despite the odds, overcoming obstacles is how athlete and motivational speaker Wayne Cook rolls.

Everyone has challenges. For some, it's the simple act of walking. Wayne Cook, known as "Cookie" to his friends, was born with cerebral palsy, which would forever label him as handicapped and limit the use of his right arm and both legs. This disability gave Cook the prognosis of being wheelchair-ridden for life when he was just a toddler. Cook, however, had different plans for himself.

Metal braces and leg casts strengthened his legs, and he took his first steps at 5 years old. He wasn't stopping there, though. From a young age, Cook had watched the neighborhood kids playing sports, and his passion and love for athletics was born.

"At that time, there weren't any disabled programs to teach kids with

disabilities how to play sports. So I was sort of on my own. I wanted to try and be as normal as I could. So I learned how to play sports when I was growing up," Cook says.

He admits there was an emotional toll that went along with his physical disability. "If I would go out to a restaurant or the grocery store, people would stare at me. Kids would snicker. Back in the early '60s, disabled kids weren't in the mainstream as much as they are now, so kids didn't know

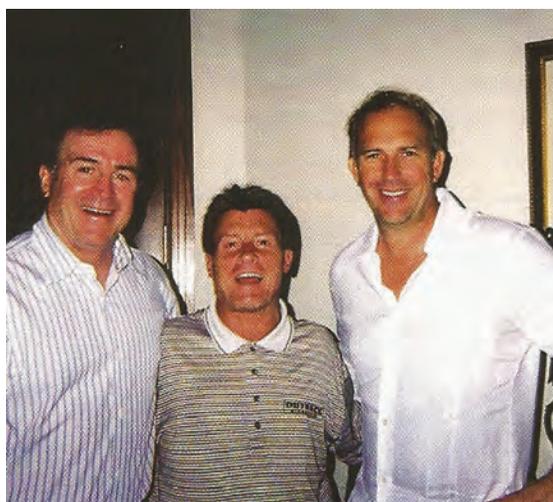
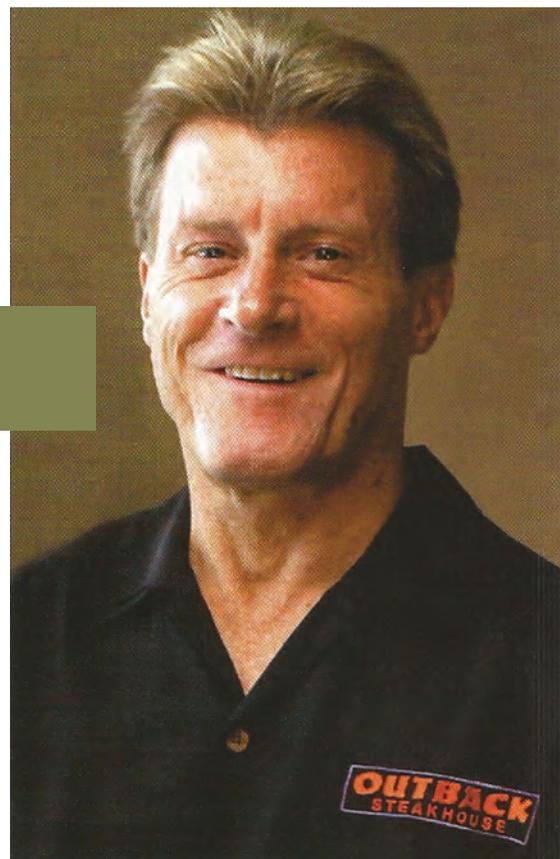


PHOTO: Chris Sullivan, Wayne Cook and Kevin Costner at the Outback Golf Tournament.

as much about people with disabilities. I just said, 'I'm not going to let that get me down. I'm going to show them that I



can do things just like anybody else.' And that's why sports is the most important thing in my life. That's what rehabilitated me from my braces."

Overcoming the odds, Cook participated in sports throughout his elementary and high school years. By the time he entered college, he was ready to test his boundaries once again. "I learned how to ski with the aid of one of my professors, and I gained national notoriety because there weren't any disabled kids skiing," he says. "I learned with the poles that amputees used, called outriggers, but I used two skis." This would change the course of his life in ways he couldn't have imagined.

Cook wanted to pave an easier path than his own for other disabled people to learn to ski. During a pro-ski race week at Winter Park, Colorado, he was part of a team that raised money for a new program to teach kids with disabilities how to ski. Then Cook did something that amazed everyone. "I did something no disabled person had ever done. I went down the race course that the pros went down as part of an exhibition deal."



LEFT: Wayne Cook. TOP: Cook skiing at the Denver Cup, Tournament. BELOW: Cookie and Dale Jarrett in North Carolina.

When he returned to his home in Denver, everyone encouraged him to take on yet another sport: tennis. In just one month's time, Cook learned to play tennis so he could participate in a match with Jimmy Connors, a Hall of Fame tennis player, at the Denver Cup.

"People that ran the tournament liked it so well that they wanted me to match what I had done at the Denver cup and compete in a tournament in Kansas City," Cook says.

As he traveled and played tennis in professional exhibition matches, people he met were interested in hearing how he overcame his disability. Without even realizing it, he was becoming a motivational speaker. "I started speaking at luncheons and charitable events, and it just mushroomed from there. I got involved with the Senior PGA golf tour in 1990, and that's where my speaking really took off."



"I've always wanted to give something back, because people have been so, so good to me."

For four years, Cook traveled 30 weeks of the year with the Senior PGA tour and spoke at the Pro-Am charitable banquets as part of their fundraising efforts. After wrapping up his deal with the Senior PGA,

Cook set his sights on yet another goal, and in 1994 he began training for the Paralympics.

"All the top kids in these programs were from 18 to 28 years old. I was 44 years old at the time, and it was unheard of that some old guy like me could do it." Cook credits his training opportunity for the Paralympics to the helping hand of Chris Sullivan, co-founder of Outback Steakhouse.

"I met Chris Sullivan at a celebrity golf tournament that Jimmy Buffet had in Aspen.

Jimmy knew I needed a corporate sponsor, so he paired us up all three days of the tournament. At the end of the golf tournament, Chris said, 'Wayne, I hear you need some help to train to go to the Olympics? Outback would like to help you. How would you like to become part of the Outback family?' That was the biggest day of my life, when he said that!"

Outback Steakhouse sponsored Cook while he trained for four years to ski in the 1998 Paralympics in Nagano. But just three weeks before going to Nagano, Cook fell during training and broke his ribs, putting an end to his Paralympics dreams. Never being one to let disappointment ruin his life, he seized his next big opportunity, becoming a spokesperson for Outback Steakhouse.

continued on next page

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"It gave me the opportunity to have a career as a motivational speaker, and I think I've helped out a tremendous amount of people, and it has made me feel really good," Cook shares. "The neatest thing about this is that there have not been many disabled people that represent a big, big corporation like that. And for them to have the confidence in me, as a disabled person, to have me out in front of the public with their name on my chest was such a great feeling, you wouldn't believe it."

For 17 years, Cook was a motivational speaker for Outback Steakhouse, retiring in 2011. His work does not stop there though. Working with his friend and former employer Chris Sullivan, Cook now spends his time traveling to high schools and colleges to deliver his remarkable story and message of true inspiration.

"This is one of my dreams come true," he says. "Chris Sullivan gave me the opportunity to be a

spokesperson for his foundation, the Chris T. Sullivan Foundation. I've always wanted to give something back, because people have been so, so good to me."

Cook feels that he has found his true calling, because he can inspire future generations with the story of his trials and tribulations, showing them that hard work can truly make dreams come true. In addition to his efforts with the Chris T. Sullivan Foundation, Cook has now teamed with Laser Spine Institute, agreeing to be a spokesman for them as well. "I'm going to get the opportunity to help people who really have some difficulties to overcome, who are in pain and suffering."

Injuries and time have left Cook unable to ski or play tennis. Yet he doesn't let that stop him; he now enjoys a weekly game of golf to keep his muscles moving. "I try to inspire by example. Great things have happened in my life; now it's my turn to help someone else. Retirement is not in my vocabulary." ●



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London's architectural masterpiece: a symbol of hope and success.

It stands as a poignant piece of architecture in the center of London. The Shard has finally been completed, after many years of thought, planning and construction, and for those lucky enough to experience it in all its glory, it really is a magnificent sight. For its size, it is surprisingly subtle, as its glass and mirrored exterior blends seamlessly into the London sky.

The London skyline is one that juxtaposes the traditional with the contemporary, and The Shard is undoubtedly an example of the latter, with its pointed pyramid shape and reflective outer walls. Yet its overall structure and presence is solid and strong, and it stands majestically alongside iconic landmarks of London, such as St. Paul's Cathedral and the traditional London Bridge.

As is the case with most extraordinary projects, The Shard faced its share of problems, with issues over funding at the beginning of the economic downturn and opposition from English Heritage. Despite the drawbacks and potential problems with the project, after a 10-year mission by visionary and developer Irvine Sellar, he has succeeded in creating the landmark he said he would.

Standing at more than 1,000 feet tall, The Shard is the tallest building in Europe, and a staggering 95% of the construction materials are recycled. The building consists of office space, residencies, a ground plaza with seating and plants, and The View from The Shard, which offers visitors 360° views.

The Shard would still be only an idea if it were not for Sellar. Finding his feet in the Carnaby fashion revolution of the 1960s, his career eventually moved into the property business. The completion of The Shard is undoubtedly at the forefront of his life's achievements.

Irvine Sellar is a true representation of how hard work and ambition are crucial for success. The fact that the building is standing in the center of London is testament to his success as a businessman. When asked if the finished product lives up to his expectations, Sellar replied, "Yes, it has lived up to my expectations and probably exceeded them."

Surely that sets an excellent example for people who would like to follow in his revolutionary footsteps and leave a legacy of their own. The Shard stands as an example of triumph over adversity, as a totally unique piece of architecture.

Architect Renzo Piano is said to have taken inspiration

THE SHARD

By Tiffany Bowers and Laura Watts
Photos courtesy of Irvine Stellar

from traditional English church steeples. He felt that The Shard would have a far more delicate appearance than people initially thought—rather than being an overbearingly modern piece of architecture placed within such an historical city.



Piano's final masterpiece contains 11,000 pieces of glass, causing the building to blend into the sky, changing with the weather. This incredible structure leaves people in awe—for what it means to this world-class city as well as its appearance.

"What we have created is so much more than a building," said Sellar. "It's a global identity and personality for London and hopefully a legacy for centuries to come." ●



The Shard as it stands in London. Left: Developer, Irvine Sellar.

"Irvine Sellar is a true representation of how hard work and ambition are crucial for success."

THE 20/20 PLAN IN MOTION

By Dr. Michael DeVito

START NOW.

And then one day you find
Ten years have got behind you
No one told you when to run
You missed the starting gun
-“Time” by Pink Floyd



So have you defined your ultimate life goal yet? No? Time to let you in on the secret and reveal the little trick that will turn the key and open the door toward your beautiful future.

Last issue, I suggested you define your goal, your purpose, the ultimate reason for your existence and then work backwards to your daily behavior list. I expect you found this difficult.

Start at the beginning

What I have been trying to illustrate is the overall construct of a whole life. Like a human body, a life is an accumulation of marvelously synchronized parts (cells, habits, actions) that—taken together—bring an amazing whole into being.

Starting at the beginning seems so logical. So why does it also seem so hard to do? The beginning is our “give, get, be and do” list in each of the life centers. These are the seeds we will plant and nurture.

Our life is truly a living thing open to our creation. The 19th century German philosopher Friedrich Nietzsche suggested our purpose was to make our life a work of art—every brush stroke building upon the prior, morphing into its created destiny.

Reap what you sow

Differentiation is a process often discussed in the arena of stem cells. It describes the ability of these similar cells to evolve

differently and grow into organs that look and function totally differently: lungs, kidneys, livers.

Every day is full of moments ... a continuous, relentless flow of moments. Every moment has the potential to advance or diminish your progress toward a meaningful life. Every day you will wake up and make a multitude of choices about how you pass your time. It is at this elemental (stem cell) level that you are selecting the building blocks of life. We so often focus on the big events: the corner office, graduation day, retirement. We seem to forget that all the

big milestones are composed of small, individual steps.

Start building your “Give, get, be and do” list. Don’t worry if it seems small; we are just now planting the seeds. The acorn looks nothing like the oak tree, yet the tree is impossible without the acorn. These lists will function as your daily checklists to guide your behavior and allow you to review your daily progress.

In his 2009 bestseller, *The Checklist Manifesto*, Dr. Atul Gawande

discusses the power of checklists even among the most skilled and well-trained professionals. “We are besieged by simple problems,” and these checklists “can provide protection against simple errors.”

By crafting your daily lists with your priorities in mind, you will have created a predetermined behavior guide. This will release you from many momentary temptations that lure you off course.

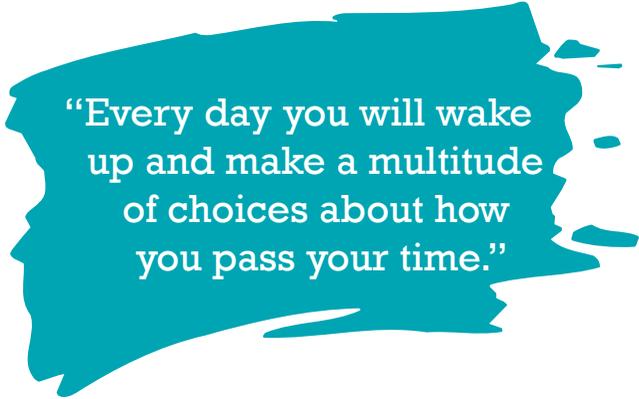
Do something every day

Each of your focus points, each “get, give, do and be,” should be at the core of your awareness each day. The moments just after you wake are the most influential of the day. They will set the tone of your attitude toward the day to come. So use these first moments of your day to calmly review your guides for the day.

At every moment of your day, be aware of what you are filling your

mind with. Are your moment-to-moment choices consistent with what you are trying to build? Do your thoughts and choices enhance or detract from your goals?

This is not all work—at least it should not feel like work. If you are sincere in your goals and truly in tune with your choices, these efforts should just feel right. Easy. Not forced. This entire process should seem like floating with the current of a gentle river.



“Every day you will wake up and make a multitude of choices about how you pass your time.”

If you are always fighting to do this, always stressed by the obligations you have imposed on yourself, then you may need to return to the beginning and re-examine your true desires. Effort and discipline are essential parts of this path. Fighting with yourself is not. Serendipity can grow from this fertile process of asking yourself these questions. Have direction, yet remain open to the synchronicities nature presents.

I have prepared several worksheets to help you organize your thoughts and work through this process. They are available at www.20-years.com.

The Priority Worksheet

This form helps you narrow your focus in each “give, get, be and do” area. Start on the left with four

ideas that feel right for your goals. Now select the two most important and finally narrow it to the most urgent. You will be reviewing and revising new versions of this form constantly. Feel free to revise it as often as you like. The far right column of the Priority Worksheet will be transferred to the Master Action Plan for daily action.

The Master Action Plan

Think big and think freely! This form uses some of the actions you gathered on the Priority Worksheet and goes a few steps further. Here you are free to let your mind run! Complete the entries with your highest purpose in mind. You will be amazed with your finished work. Remember to record the date on this form every time you create one and always keep the old ones. It’s like watching evolution in motion!

Discipline is not a dirty word

Discipline and work can go hand-in-hand with freedom and spontaneity. When you are on the right river (your path), these words almost lose their meaning. They become one process. I prefer to think of discipline as “paying attention”—being attentive, in thoughtful connection to every moment of your day and the choices you make. The Buddhist notion of discipline is simply the willingness and ability to come back, to bring your attention back to your focus. ●

Visit www.20-years.com for further comments and printable forms and worksheets.

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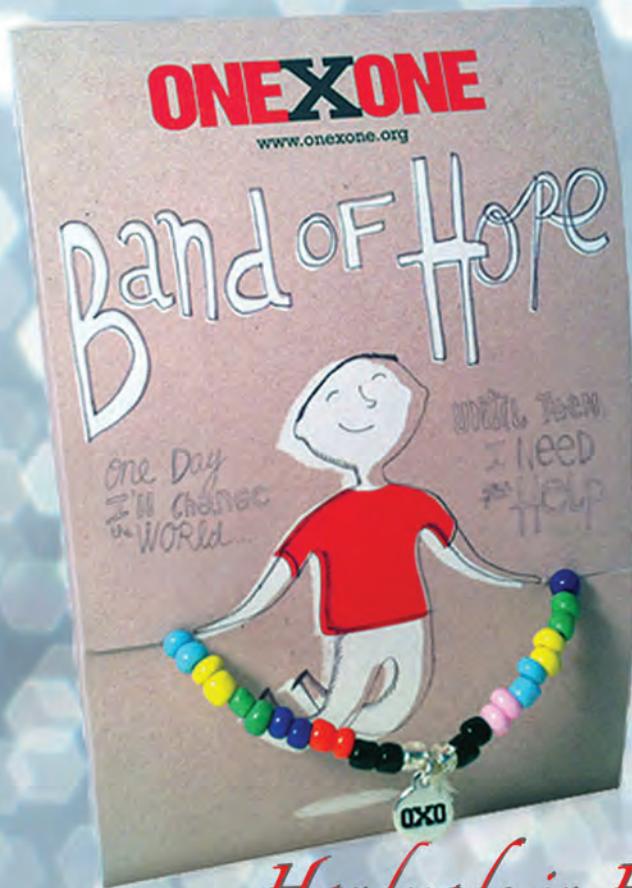


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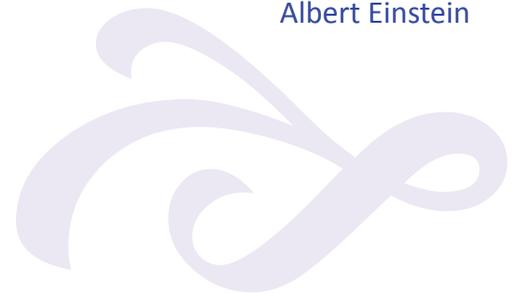


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