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INSPIRATION »

WHAT'S ON OUR NIGHTSTAND

Local butcher's daughter Mary B. Lucas has taken lessons learned at her father's butcher block and applied them to building a successful career. A desire to share that guidance with her children, who would otherwise never have known their grandfather, motivated Lucas to pen "Lunchmeat & Life Lessons: Sharing a Butcher's Wisdom," a book chock full of advice from her father, John Bichelmeier.

"I wanted to capture everything about him for my children," says Lucas. "It's a real plus that others benefit from it, too."

The inspirational book was re-released last holiday season and is still available for purchase. In the book, Lucas intricately melds her father's advice into a recipe for modern business success. John Bichelmeier of Bichelmeier Meats, who has since passed away, imparted the featured guidance on his family; and thanks to Lucas, his words are now immortal.

February is American Heart Month and a portion of all proceeds from the book will be donated to the American Heart Association in honor of the Bichelmeier parents, who both passed away from heart disease.

The book can be ordered at lunchmeatandlifel essons.com. It is also available locally at Rainy Day Books (2706 W. 53rd St., Fairway).

—Abigail Dennis

PROTECTING YOUR PHONE AND THE ENVIRONMENT

It may be difficult to stay on top of Apple's ever-evolving product line, but immediately after investing in the new iPad or iPhone 4, make sure to check out Bioserie's collection of plant-based gadget covers to protect your new purchase from an accidental drop which, unprotected, could shatter the screen. The iPhone 4 case, available for $34.95 at bioserie.com, allows people to keep a clean, environmentally friendly conscious while enjoying technology. Free of petrochemicals and oil, these covers are made entirely of biodegradable plant materials. —Abigail Dennis

FROM WHEAT FIELDS TO YOUR BREAK ROOM

Portfolio Kitchen & Home has introduced an exclusive line of cabinets that embrace green living on a budget. The 2bg (2 Be Green) cabinet boxes from Portfolio's Studio PKH Collection are constructed of 100 percent FSC-certified recycled fiber and designed for a 50- to 60-year shelf life. The doors and drawer fronts are FSC-certified Plyboo or Bio-fiber, using raw material left over from wheat production. And because the components are produced locally, there's added savings in transportation costs and emissions. Choose from finished or unfinished Bio-fiber Bamboo (pictured) or painted finishes. The cabinets are available locally from Portfolio Kitchen & Home (portfolio-home.com).

INNOVATION »

TYPE GREEN

Sleek, streamlined and functional without incurring the hassle of replacing batteries or untangling cords, the solar-powered keyboard from Logitech is a must have for the energy-efficient business guru. The keyboard is environmentally friendly, glossy and simple, as well as ergonomically easy on wrists and furiously typing fingers.

Designed with a laptop keyboard in mind, the device is more comfortable to use than an average typing instrument. The Logitech Wireless Solar Keyboard K750 is available for $79.99 at logitech.com. —Abigail Dennis

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Introducing 2bg cabinetry from Portfolio Kitchen & Home. Part of our Studio PKH Collection, this super-sexy, contemporary cabinetry, suitable for residential and commercial applications, is available in a number of hip, ultra-cool colors that really make a statement at a surprisingly affordable price point. Contact the design professionals at Portfolio Kitchen & Home to learn more about 2bg cabinetry.

Portfolio Kitchen & Home’s commercial division offers commercial clients a wide range of cabinetry products and design services. Portfolio’s award winning design team is experienced in all areas of commercial design and space planning.

Style Connection
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