‘Tis the Season

Blessings in Disguise are Blessings Indeed

by Beth Williams

Life is full of blessings. Sometimes they are disguised as a struggle, but once you push past that, you will usually find something worth being thankful for. My husband and I enjoy watching Joel Osteen, a Christian motivational minister. He’s positive about everything. One of his mantras is to be thankful, even for adversity. What may seem like a bad thing could turn out well, or may have helped you avoid something worse.

For example, my husband Karl has now had two successful, but major surgeries in the last four months. Now, it hasn’t been a picnic for him, but the results have been a greatly improved quality of life. He had to go through pain to get to the “gain.”

Another recent example occurred two days before he and I were to travel to the Cleveland Clinic for his second surgery. The starter in my car went out. While I had the urge to say “that’s all we need right now,” the reality is that it was going to go out sometime, and thankfully it happened while we were still in town and could get it fixed quickly. The timing was actually a blessing and probably kept me from having a conniption fit in the hospital parking lot when I needed to focus on Karl.

This year has been tough on a lot of businesses and people in our community because of the economy, or other personal struggles. Downtown Fort Pierce is a very blessed waterfront community full of exciting treasures. As you shop for the holiday season please try to buy from local small businesses as much as possible. These businesses need our support and in turn they provide local residents jobs and keep earnings in our community.

Have a Merry Christmas and a very joyful holiday season!
Dine, Shop and Enjoy Beautiful, Historic, Downtown Fort Pierce!

Friday, December 2: Friday Fest — Band: Humdinger; 5:30 p.m. to 9:00 p.m.; Main Street Fort Pierce, 466-3880, www.mainstreetfortpierce.org.

Sunday, December 4: 23rd Annual Sight’s & Sounds on Second Festival and Parade — 10:00 p.m. to 6:00 p.m.; Festival and Community Entertainment 1:00 to 4:30 p.m.; Santa arrives at 4:30 p.m.; Tree Lighting immediately following the parade; www.mainstreetfortpierce.org.

Sunday, December 11: 8th Annual St. Lucie County Toy Run — 11:00 a.m. to 3:00 p.m.; PAL & Victory Motorcycles; for more info please call Jim or Mary at 468-8868.

Wednesday, December 14: Art Wednesday at Art Bank — Art Mundo Open Studio, 5 p.m. to 9 p.m.; The ArtBank at 111 Orange Avenue; Artmundo.org@gmail.com; 766-0021, www.artmundo.org.

Friday, December 16: Coffee with the Mayor — Sponsor: Preferred Private Care; Fort Pierce Jazz Society President, Don Bestor Jr. (keyboardists) and Vice President, Chris Hulka (bass) will be playing Light Jazz formers, will be heard playing solo renditions of famous greats like Harry James and Ziggy Elman.

Benny Goodman Show to Come to the Sunrise Theatre

“The King of Swing” will swing again on Sunday, January 8, at 2:30 p.m. at the Sunrise Theatre in downtown Fort Pierce. This special tribute multi-media show traces the life and times of Benny Goodman and his extraordinary music. It features trumpeter Mark Green and the 18-piece big band ("For Dancers Only") playing many of Benny Goodman’s most memorable hits.

Clarinetist Paul Hubbell, who has performed with many big bands of the swing era, will replicate many of the famous Goodman solos in hits like "For Dancers Only," "Air Mail Special," "Let’s Dance," "Avalon," "Stealin’ Apples," "Stompie at the Savoy," and "The Angels Sing.”

Nathan Skinner, the much-heralded young vibraphonist from the University of Miami, will bring his up-to-date style to the classic sounds made famous by Goodman sidemen Lionel Hampton and Red Norvo.

Trumpeter Green, who has played for many celebrity performers, will be heard playing solo renditions of famous greats like Harry James and Ziggy Elman.

In a special tribute to Goodman’s famous 1938 Carnegie Hall concert rendition of “Sing, Sing, Sing,” the show features a 15-minute extended "Battle of the Drummers" with Stix Nickson and Claudio Berardi, in a modern tribute to Gene Krupa.

The show will feature a swing-dancing exhibition by some of the areas most talented young dancers. Audience dancing-in-the-aisles, as in the old days at New York’s Paramount Theatre when Goodman played there, will be permitted if the spirit moves them.

Conceived by Mark Green and produced jointly by the Fort Pierce Jazz Society and the Sunrise Theatre, the Benny Goodman Tribute will jointly benefit the Sunrise Theatre performance fund and the scholarship fund of the Jazz Society.

Curtain is at 2:30 p.m. Brunch will be served at noon in the Black Box for those who purchase premium concert seating. Tickets are $25. Tickets for Brunch with Premium Concert Seating are $50. Tickets may be obtained at the Sunrise Theatre box office, by calling 772-461-4884 or at www.sunrisetheatre.com.
A Season of Thanksgiving and Joy in Fort Pierce

by Mayor Bob Benton

As the holiday season arrives, let us bring cheer and joy to all around us. This time of year provides us the chance to reflect upon this past year and look towards the future with optimism and resolve. This past year has brought vast accomplishments and great initiatives to bring our community together. From Main Street Fort Pierce's national award to completion of the Federal Courthouse, lights of hope are shining bright for our community and guests.

Speaking of light, the Sights & Sounds on Second Street Festival followed by the Sights & Sounds Parade and the Fort Pierce Christmas Tree lighting ceremony, ending with the Marina Square holiday light show, will provide perfect opportunities to unite friends, family and guests to kick off the holidays. May the holidays be blessed for you and your family. (continued)

Don’t miss the Backus Museum's Holiday Art Festival featuring a variety of original works of art, all perfect for holiday gift giving. The festival, and all of the works included in the show, will be on view from December 7th through the 31st. Artists include Susie Forget Cassens, Barbara Clark, Allie Comer, Martin Cashman, Stephen Forbes-deSoulle, Donna Gordon, Georgina Love, Lenore McNamara, Suzanne Ritter, Ann Sklar, Patricia Sorg, Jean Tyson and Amy Webber.

Visitors can stop by the Art Sale and Open House on Friday, December 9th from 5 until 8 p.m. and enjoy hors d’oeuvres and holiday spirits as they shop for distinctive holiday gifts. The festival will feature artwork, jewelry, pottery, glass, paintings, wood and more. (continued)

Your favorite holiday songs and shop till 2 p.m. See live artist demonstrations, listen to carolers perform some of your favorite holiday songs and shop for one-of-a-kind holiday gifts. A free gift valued at $75 will be given to everyone who makes a purchase of $25 or more on December 9th or 10th. In addition, everyone will receive a 10% discount on purchases on those two days (restrictions apply).

While at the museum, visitors can also enter to win a $250 Holiday Shopping Spree compliments of TD Bank. (continued)

Think Unique this Holiday Season

by Robin Dannahower

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If you can’t make it to the Open House on Friday, you can still enjoy all the holiday activities Saturday at the Festival on December 10th from 11 a.m. till 2 p.m. See live artist demonstrations, listen to carolers perform some of your favorite holiday songs and shop for one-of-a-kind holiday gifts. A free gift valued at $75 will be given to everyone who makes a purchase of $25 or more on December 9th or 10th. In addition, everyone will receive a 10% discount on purchases on those two days (restrictions apply).

While at the museum, visitors can also enter to win a $250 Holiday Shopping Spree compliments of TD Bank. America’s Most Convenient Bank.® TD Bank is the sponsor of the month-long Holiday Art Festival. Scripps Treasure Coast Newspapers is the media sponsor.
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CenterState Bank’s 58th Branch is Now Open in Fort Pierce!

Grand Opening Days

Monday, December 5 - Friday, December 16

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Free BBQ Lunch!
Friday, December 16th
11:30 am to 1:30 pm

CenterState Bank's 58th Branch

Lori Waches - Branch Manager
Clayton Hines - Assistant Branch Manager

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Fort Pierce Downtown Business Association News
by Deb Cohen

The Fort Pierce Downtown Business Association is growing slowly but surely. Our October event “The Great Pumpkin Party” was a huge success. All the children and adults that attended had a spectacular time. We wish to thank all the participants and sponsors for their support.

We now have some new members that we would like to announce and welcome you to visit on your trip to our Downtown area: first, there is Brewer’s Cafe, a nice family restaurant located at 204 Orange Avenue which has a wide variety of home-cooked dishes; second, we are happy to have Harbor Federal Realty, 311 South Second Street, Saine 102 as another new member. If you need an agent, just ring Rita Lindsey, 311 South Second Street, Saine 102 as another new member.

A new member has been in the downtown area for many years. It is a landmark in our community. Rosslaw’s is a women’s apparel store that has expanded over the years and now carries a variety of jewelry, accessories, home goods and such. It is a place you must definitely explore when you are in Fort Pierce.

We are very happy to say the Fort Pierce Farmers’ Market has joined the Association. This farmers’ market has won awards for how terrific they have become. They are located on Marina Square every Saturday morning from 8 a.m. to 12 noon. Every visitor to the market is amazed at how wonderful it is to be able to browse along the river enjoying the scenery as they shop, eat, and listen to the wonderful sounds of the waterfront. You will be happy you took the time to come to the market.

Finally, we are glad to welcome the Manatee Center. They are a non-profit wildlife organization and nature education facility located at 408 North Indian River Drive. You can find more information on their website at www.ManateeCenter.com or you can take a trip and enjoy their facility.

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We would like to thank these new members for becoming a part of the DBA and invite more of our local businesses to join us in making Downtown Fort Pierce the perfect place to enjoy with family and friends. You will find all the information you need on becoming a member at www.fortpiercedowntown.org along with a full listing of all the members and what they offer to our community. Our website designers at Xperience Marketing Solutions are still working on perfecting our site. Therefore, we ask you to be patient and if you have any questions let us know by the e-mail listed.

We would also like to give a special “thank you” to Roger Dean Buick GMC for being such a special sponsor and helping with all our events. They are a wonderful group of people to work with and we hope you will consider purchasing your next vehicle from their dealership. Tell Nick Provenzo, General Manager, that the Fort Pierce DBA sent you to see him.

To wrap it up, we would like to invite you to come out to all our events. You will be surprised how wonderful our city can be and how great our community comes together. The Fort Pierce Downtown Business Association is participating in Main Street Fort Pierce’s Sights and Sounds Festival and Parade again this year. We won first place with our float we designed last year. Please come out and cheer us on again this season.

Hope to see you all soon and “Happy Holidays!”

Seacoast Sponsors Main Street Fort Pierce’s 23rd Annual Sights and Sounds Festival and Parade

Since 1926, Seacoast has been your bank, your neighbor and your friend. These unprecedented times have been challenging to say the least. There is probably not a single reader who was completely unaffected by the recent economic environment.

We are no exception. But with the commitment of our talented associates and the support of the community, we stand here before you today; and we are one of the last community banks left, proud and strong. We are one of the largest publicly traded community banks headquartered in Florida.

If you bank with us, thank you for your business. If you don’t, we invite you to give us a try. We have money to lend at extremely competitive rates for your personal and business needs. For us, it’s not just business; it’s personal. Because we live here, too.

Please visit us at SeacoastNational.com or stop by one of our offices and say hello to a more human way to bank.
Fort Pierce Loses Longtime Businessman and Downtown Supporter

by Pamela T. Dickson

On, July 26, 2011, we lost a long time Fort Pierce businessman and my father, Claude C. “Sprucy” Tillman, at the age of 90. My father, “Sprucy” and my mother, Peggy, started their family business Fort Pierce Typewriter Company in downtown Fort Pierce in 1950 at 208 Orange Avenue. The store was relocated to Avenue A in 1966, they changed the name of the business to Office Products and Services Inc. in the 1970s and recently moved to their present location at 136 North 2nd Street. Office Products and Services Inc. remains loyal to downtown Fort Pierce and is still owned and operated by the Tillman family.

Claude C. “Sprucy” Tillman was born in Dover, North Carolina. He received the nickname “Sprucy” from his father who greatly admired a train conductor with that nickname in their hometown of Dover, North Carolina. Granddaddy used to wave to the conductor every time he passed through and the conductor would sound the whistle for him. At the age of 18 my dad and his mom, my Granny Annie Padrick Tillman, drove from North Carolina to Fort Pierce in a pick-up truck. My dad rode in the back with his friend, a dog and some chickens. When they reached Fort Pierce he was greeted by a billboard that said: “Welcome to Fort Pierce – Population: 6,000.”

Dad went to work for his mother at Padrick’s Camp, a tourist motel on US 1. He was proud of the fact that they renamed the camp the Siesta Autel at his suggestion. He was not so proud of his job description involving caring for alligators on display at the motel. His exact words were, “I sure hated those damn alligators.”

I have many memories of Siesta Autel. When I was a child, my brothers, sisters and four cousins would spend many hours there. We loved to load the bingo hopper for bingo night. We played shuffleboard by the hour and shared in the feast when the tourists would come back from Lake Okeechobee laden with specs (speckled perch), and Granny would have a huge fish fry. I can still taste those hushpuppies!

Sprucy courted and married Margaret Evelyn Bracken. They started a family after several years in the army during World War II. After the army he returned home and started bartending and working in an office machine company. Sprucy enjoyed the office machine business, so he made an offer to buy the company. The owner turned down the offer, so Sprucy decided to open his own business.

Sprucy and Peggy offered Dr. Sample $75 per month to rent the first floor at 208 Orange Avenue. Dr. Sample accepted the offer and the Tillman family business was born. Sixty years later Office Products and Services Inc. continues to serve the needs of local businesses in the Treasure Coast area.

Dad was a very well-respected businessman in Fort Pierce. He had a love for music and so he purchased and ran two radio stations in Fort Pierce. Even though Dad had been retired for many years, he remained involved in the family business.

Dad once told me something about business which stuck with me all of my life. He said, “Competition is good for business.” When I was older I began to understand what he meant by that statement. When you have competition it forces you to grow and change. This enables you to provide better service and products to your customers. Without competition there is stagnation.

Dad was never frightened of competition while he was in business even in the hardest times, and we are grateful for the dedication he showed to his family and the community for so many wonderful years.

Thanks to Dad, my brother Robert Tillman, my sister Susie Tillman, our cousin David Tillman and his wife Sue, and all of our loyal associates, Office Products and Services Inc. is still thriving. We hope to continue serving the office furniture and supply needs of the tri-county area for years to come. We will remember all what Dad taught us about doing business honorably and we will carry on his traditions with pride and gratitude to the wonderful man that started it all.
Main Street Halloween Golf Tournament & Beer Bash

“Thank You!” to our Sponsors: Budweiser, Seacoast National Bank, Waste Management, Inc. & FPUA

Main Street Fort Pierce would like to thank all the sponsors, volunteers, players and Gator Trace Golf Club for supporting our Halloween Golf Tournament and Beer Bash. We appreciate your loyalty for braving the elements to play in the tournament. A total of 63 golfers came out to play and support Main Street. This is amazing considering the unfavorable weather conditions.

Here are the results of the tournament: 1st Place — Team Stephens (Keith Stephens, Estela Holman, Sidney, Jerry Curl and Jerger); a tie for 2nd Place — Team Knowles (Joe Donaldson & Kris Donaldson); Team Yellowtail (Don Rinelli, Scott Walker, Kevin Albercht, and Dave Keller); Closest to the Pin — Richard Harrell; Longest Drive — Roy McSweeney; Putting Contest — Joe Donaldson.

Thank you, Wal-Mart, for donating a 47” Visio TV for the putting contest.

1st Place Team Stephens — Keith Stephens, Estela Holman, Sidney, Jerry Curl and Jerger

2nd Place Team Knowles — Joe Donaldson & Kris Donaldson

2nd Place Team Yellowtail — Don Rinelli, Scott Walker, Kevin Albercht, David Keller

Thank you, Wal-Mart, for donating a 47” Visio TV for the putting contest.
Main Street Fort Pierce Hosts the 23rd Annual
Sights and Sounds on Second Christmas Festival and Parade

by Beth Williams

The excitement is building for Main Street Fort Pierce’s 23rd Annual Sights and Sounds on Second Christmas Festival and Parade! On Sunday, December 4th, the community will come out in droves to enjoy the festivities. The fun starts at 1:00 p.m. with a variety of family activities and will conclude at 4:30 with the annual parade and lighting of the city’s holiday tree.

This year’s parade theme is “Down Home Country Christmas” which is a perfect fit with our special Grand Marshall, Alto “Bud” Adams Jr.

Bud Adams is a legend in our community. As a rancher, environmentalist, photographer, and philanthropist, his influence can be found virtually everywhere in St. Lucie County.

Born in Fort Pierce in 1926, Bud was 11 years old when his father bought 15,000 acres of land which became the Adams Ranch. In 1939 Bud’s father, Alto Adams Sr. was appointed to the Florida Supreme Court and sold his cattle but kept the ranch. When Bud graduated from the University of Florida in 1948, he took over the ranch in partnership with his dad and has been involved with it as partner, CEO, and the largest shareholder ever since.

While Bud is a loyal Florida Gator, it was a Seminole that caught his eye in 1947 at a fraternity house on the UF campus. Dorothy Snively, an FSU student, was visiting a friend at UF when she and Bud met. They married in 1949 and moved to a home Bud built for his new bride. Three children, and 12 grandchildren later, Bud and Dot Adams live in that same house just minutes from the Adams Ranch headquarters.

Bud is a nationally respected rancher and environmentalist. In 1948 he suggested crossbreeding Herefords and Brahman which created the Brahford cattle breed. The new breed was recognized for longevity, fertility and milking ability and very tolerant to heat which made them ideal for the south Florida climate. From an environmental standpoint, the Adams Ranch is hailed as the industry standard for land, water, and wildlife management. Bud’s commitment to the use of nature and biological controls rather than toxic sprays, have proven beneficial for his business and the environment. Clean water means fish are abundant. Reservoirs provide optimal water management for both the rainy and dry seasons. Wildlife is plentiful and varied and Bud relies on the natural food chain to keep things in check.

Bud Adams’ hand is found throughout our community. You can find his influence in most of our local institutions which benefit from his consistent generosity. Evidence of his love of nature through his photography graces many homes and offices throughout the area. Bud and Dot Adams are icons of our community and we are honored to have him as this year’s Sights and Sounds Parade Grand Marshall.

We hope you’ll join Bud and Dot Adams, our sponsors and all of the Main Street supporters for the Sights and Sounds on Second Christmas Festival and Parade. This annual event is a Fort Pierce tradition that showcases our downtown and our special community.

Immediately following the parade there will be music by the winning choir from the Gospel Explosion — Mt. Olive Missionary Baptist Church Inspirational Singers, and then Mayor Bob Benton and Santa will light the Christmas tree. Waste Management Inc. generously donated toward the cost of the city’s tree. The Christmas tree is located at the roundabout at Avenue A and Indian River Drive.

Following the tree lighting, the city will unveil this year’s “Holiday Light Spectacular.” The light and sound show will include over 100,000 lights synchronized to holiday music and will be on display at Marina Square every evening from 6:00 – 9:00 p.m. through January 1, 2012.

For more information on the festival and other holiday happenings in beautiful historic downtown Fort Pierce, call the Main Street office at 466-3880.

The “Holiday Light Spectacular” is sponsored by the City of Fort Pierce.

Sponsors for this year’s event are:

CENTER STATE BANK, CLEAR CHANNEL COMMUNICATIONS,
COCA-COLA BOTTLING COMPANY, PARK’S RENTAL, RELIABLE POLY-JOHN,
SEACOAST NATIONAL BANK, SOUTH BEACH ASSOCIATION, ST. LUCIE NEWS TRIBUNE,
THE CITY OF FORT PIERCE, WASTE MANAGEMENT INC.

~ private donations from citizens of our community ~
Ghosts of Fort Pierce Past Walking Tour

Everyone loves a great ghost story and Fort Pierce has many ghosts and stories for you. If you dared to stroll through the streets of downtown Fort Pierce during this year’s haunt, the ghostly spirits were there to light your way through the unusual tales, legendary stories, folk lore and ghostly experiences.

Photos by Janie Hinkle

CenterState Bank Opens New Office in Fort Pierce and Sponsors Main Street’s 23rd Annual Sights and Sounds on Second Festival and Parade

It is serendipitous that the opening of Fort Pierce’s new CenterState Bank branch is the same time of the annual Sights and Sounds Parade and Festival.

“As familiar faces in the Treasure Coast’s banking industry, and old time friends of Main Street Fort Pierce and supporters of this wonderful community event, we felt it imperative to step forward and become event sponsors,” comments Lori Wuchte, Vice President and Branch Manager of the new Okeechobee Road branch. “We invite everyone to visit the CenterState Bank booth at the Festival and say “hi” to me and the rest of our branch staff.”

Joining Wuchte at the festival and in the new Fort Pierce branch are banking veterans Cheryl Howe, Assistant Branch Manager Clay Collins as Commercial Loan Officer and Head Teller, Lucy Fulknier. All together they have accumulated nearly sixty years of experience in the St. Lucie County banking industry. Andy Beindorf, formerly the president of Indian River National Bank in Indian River and St. Lucie Counties, is CenterState’s Regional President of General Banking. Customers can expect local decision-making and easy accessibility while receiving the services of free personal and business checking accounts, as well as personal, residential and commercial loans.

CenterState Bank of Florida N.A., an independent Florida bank based in Winter Haven, is owned by a Davenport-based holding company, Centerstate Banks Inc. The holding company now has 58 branches throughout 15 Florida counties and combined assets of nearly $2.5 billion. That ranks it among the top Florida-based banks. CenterState Bank, has been recommended by Bauer Rating Service (an independent bank rating and research firm in Coral Gables) for 72 consecutive quarters. The first CenterState Bank on the Treasure Coast opened in Vero Beach in 2010 and a new building will open in Vero Beach in 2012. Ft. Pierce also plans to build a branch that will be a full service facility and be their permanent location. They are currently looking at land for this location and a move to this full service facility.

Stop in this month to see old friends, register for holiday giveaways and exciting banking incentives. CenterState Bank is located at the Orange Blossom Business Center, 4150 Okeechobee Road in Fort Pierce. Their hours are 9 a.m. to 4 p.m. Monday through Thursday, 9 a.m. to 6 p.m. Friday. For more information, call 772-460-2242.

See our ad on page 9 of this issue of the Focus and visit the CenterState Bank booth at the 23rd Annual Sights & Sounds Parade and Festival on Sunday, December 4th.
Treasures of Fort Pierce

Treasures of Fort Pierce is a website created to increase awareness of the small businesses and non-profits on the Treasure Coast. The website was the vision of Plythe Gibbons.

Plythe Gibbons grew up in Fort Pierce, Florida. After graduating from John Carroll High School, she earned a Baccalaureate and a Masters Degree.

Three years ago, Plythe and her family moved back to Fort Pierce after being away for 20 years. She has enjoyed residing in her home town and appreciates the historical and cultural lifestyle Fort Pierce has to offer.

As a stay-at-home mother of two, Plythe had a desire to create a website with a low cost advertising investment that could markedly lead to increased awareness, exposure, and sales revenue for small businesses. Each month, Treasures of Fort Pierce features a small business or a non-profit organization by incorporating extra pictures or a video/slideshow. The website also includes an article about the organization with relevant information.

After learning more about Main Street Fort Pierce, Plythe became interested in collaborating with their organizers. She is currently volunteering with Doris and her staff on a committee to help promote, support, and improve the historic downtown area. Since the economy has impacted almost all businesses of all sizes, the committee is continually striving to find creative ways to attract more people downtown. Treasures of Fort Pierce is there to help this cause and promote local small businesses. To view the Treasures of Fort Pierce website, go to www.treasuresoffortpierce.com.

Classic Cuts, Etc.

by Pam Gillette

Thirty-six years of experience is what Sandy Stebbins brings to her business Classic Cuts, Etc. Born in California, Sandy moved to Fort Pierce at an early age and has remained here since. She is a graduate of St. Anastasia and John Carroll High School. She has two daughters; Kaylee (13) an honor student at LPA and Kassi (20) who will attend IRSC in January. Sandy is also a proud new grandmother of Christopher (1 month old).

Sandy Stebbins started Classic Cuts, Etc. over 15 years ago in downtown Fort Pierce. She is a licensed stylist and aesthetician specializing in foil, highlighting, custom perms, makeup makeovers, precision cuts, advanced color tech, waxing, manicures and pedicures. She is an adjunct instructor in cosmetology at IRSC. In 2008, Classic Cuts, Etc. joined Dermatech Day Spa where she remains today.

Dermatech Day Spa is now the home to 3 businesses: Dermatech Day Spa, Creative Color & Hair Designs and Classic Cuts, Etc. Sandy said that the 3 businesses are like one big happy family, each business bringing their own unique aspect to create a place where you can receive a complete range of products and services.

Sandy Stebbins wants you to experience what Classic Cuts, Etc. has to offer. During the month of December, Sandy will offer “Christmas to My Clients” featuring these specials to new or current clients: refer a friend and receive a gift from “Sandy Claus;” buy a color service and your haircut is free through December; and a first haircut for children receives a free “memory” certificate. She also wants you to know that gift certificates are available for purchase.

Classic Cuts, Etc. is located in Dermatech Day Spa, 210 Orange Avenue in Fort Pierce. Call and make an appointment today: Sandy Stebbins, cell (772) 924-4161; spa, (772) 467-0607.
Uncanny Green Bean Casserole

My version of this holiday side dish uses only the freshest ingredients. It takes a bit more time but is well worth the effort.

Green Beans

1 tablespoon table salt
1 pound fresh green beans, ends snapped, snapped into bite-size pieces

Bring the 2 quarts water to boil in a large pot or Dutch oven. While it comes to a boil, prep the beans. Fill a large bowl with ice water. Add the salt and beans to the boiling water. Cover and cook for 6 minutes or until crisp-tender and still bright green. Drain beans in a colander, and then plunge into ice water to stop the cooking. Drain and place a double layer of paper towels on a baking sheet, arrange beans in single layer to dry, top with a double layer of towels.

Mushroom Sauce

8 ounces baby portabella or white mushrooms
1 Onion, diced small
1 tablespoon butter
1 tablespoon fresh garlic, minced
1½ tablespoons flour
¾ cup chicken stock
1 tablespoon dry sherry
¾ cup heavy cream
Salt & pepper to taste

Clean the mushrooms; break off and discard the stems. Break the mushroom tops into pieces. Melt the butter in a skillet till shimmery. Add the mushrooms, onion and garlic. Stirring often, cook till mushrooms begin to soften and exude their liquid, about 6 minutes. Stir in flour and cook a minute. Add the chicken stock, sherry and bring to a simmer. Add the cream, simmer till sauce thickens, about 10 – 15 minutes. Taste and adjust the seasonings. Stir in the cooked beans till they're evenly distributed throughout the sauce.

Topping

¾ cup homemade bread crumbs
1 tablespoon butter
1 can of French fried onions
Salt & pepper to taste

Mix bread crumbs with melted butter. Stir in the onions. Preheat oven to 425°F. Transfer hot bean mixture to a baking dish. Top beans with topping and bake for 15 minutes.

Serves 8.

If you asked me this question 7 months ago I would have said absolutely not! I had spent twenty years learning and teaching nutrition. I thought I had all the answers. Unfortunately my body was not cooperating with my brain. As each year passed, the number on the scale was going higher and my belly was looking like I was pregnant. Each Sunday night I would take the time to look in the mirror, notice how I felt and realize I had failed yet again. I had to take it to overcome my last child. This represented was well educated and understood nutrition so I gave her a chance. She convinced me of the quality of this HCG as well as the results. She gave me a complimentary bottle with the understanding that if it worked for me I would bring it in the store. I was determined to show everyone that it doesn’t work.

After 21 days this is what happened: I lost 17 pounds. Went from an 18 to a tight 12. Lost my sugar cravings. Have tons of energy. A rash on my upper arms that I have had for years cleared up. My sciatica in my left leg was gone.

I was convinced. I did one more cycle and lost another 17 and went to a size 10. I feel so amazing and I can’t believe how easy it was. Plus the loading phase is so much fun!

The HCG protocol was first developed over 50 years ago by Dr Simeons. From 30 years of research, he found that when taken with a 500 calorie diet, HCG makes losing weight a pleasant experience. It improves energy, it is an appetite suppressant and at the end of the program (23-45 days) the metabolism has been reset and there should be no weight rebound.

While on the HCG diet, AnaMed’s eHCG will allow your body to burn the unwanted abnormal fat for energy thus leaving you with a nice contoured figure. Research has shown that while on the diet, you are actually burning 2,000 – 3,000 calories, 500 from the special diet, and 1,500 – 2,500 from the type 3 fat that is being released. Average weight loss on this program, when followed correctly, has been 1 – 2 pounds per day!

In addition to weight loss, those who have completed the HCG program typically experience many other health benefits, including an increase in energy levels, reduced bad cholesterol, lower triglyceride levels and improved blood pressure.

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Coffee in the Tropics at the Barefoot Gourmet

by Linda Hudson Chair, Downtown Farmers’ Market of Fort Pierce Inc.

David Martin and his girlfriend, Kathy Wheatley, known as the Downtown Farmers’ Market of Fort Pierce as The Barefoot Gourmet, have been vendors at the Market since 2001. “When we started at the Market, it was essentially in a field, with a boardwalk along the Indian River,” said David.

The Barefoot Gourmet specializes in three types of fresh-ground and fresh-brewed coffee for patrons at the market. The coffee comes from all over the world and is fresh-roasted to David’s specifications each week. Formerly the proprietor of the P. P. Cobb General Store, David was forced by the 2004 hurricanes to concentrate on selling at the Farmers’ Market.

Twenty years ago, David Martin landed in Fort Pierce, coming here from the Caribbean. He joined Main Street, and he met Kathy Wheatley, and they later opened the P. P. Cobb General Store together. “Despite the improvements in downtown Fort Pierce, we are delighted that Fort Pierce has kept its small town and people-friendly character,” said David. Try David Martin’s delicious coffee or tea at the Barefoot Gourmet, every Saturday at the Market.

The Downtown Farmers’ Market of Fort Pierce has been operating at the waterfront since 1997. A group of dedicated people tried to start a community garden, but started the “green” market instead. The Market is a 501 C 3 tax-exempt organization, with its own Board of Directors and includes in its mission attracting patrons, shoppers and diners to Downtown Fort Pierce. Find the Market on the web at http://www.ftpiercefarmersmarket.com/index.html and on Facebook. Call the Market Manager at 772-940-1145. The Market is open every Saturday, year round, from 8 a.m. to Noon, and is located in Marina Square, between the Library and the Marina, along the beautiful Indian River Lagoon. The Downtown Farmers’ Market is a Saturday Morning Tradition in Fort Pierce.
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HOLIDAY BOAT PARADE
December 10, 2011
6 P.M. TO 7:30 P.M.
South Causeway Park
(772) 692 - 7599

SIGHTS & SOUNDS ON SECOND
Festival, Parade & Tree Lighting
December 4, 2011
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Historic Downtown
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5TH ANNUAL SLC TOY RUN
December 11, 2011
11 A.M. TO 3 P.M.
Starts - 3525 S US # 1
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(772) 466 - 0606

HOLIDAY LIGHTS MARINA SQUARE
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