Fort Pierce Farmers’ Market … Growing for 15 Years

See story on page 7
Join Us to Make 2012 a Great Year

by Beth Williams

Happy New Year! As Main Street Fort Pierce we’re so excited about all of the possibilities that this new year will bring for our beautiful downtown district and the businesses that support an active and prosperous community.

I’m personally very optimistic about 2012 and the growth and improvements that will occur within our city. Our new federal courthouse will add jobs and pedestrian traffic that should result in a positive boost to the downtown retailers and restaurants. The beautiful new structure is also a great reminder that every improvement we’ve achieved took perseverance and true commitment from community leaders. Whether it is the renovation of the Sunrise Theatre, the addition of the Courthouse, or simply the aesthetic improvements throughout the district, every accomplishment — large and small — came from public and private partnerships, and individuals with a vision of what our downtown could be.

As we look back and celebrate those achievements, we should be re-energized and even more committed to the items on our community “to do” list that still need our attention. At Main Street we made great strides in ensuring that the Backus House will always be an asset for our organization and so many others that benefit from this beautifully renovated historic home. We have more to do, and you’ll hear from us about this important project over the next several months.

We will continue to build a love for downtown through the more than 30 free public events organized by Main Street each year. Every time we help create a fun event that gets thousands of people into the district, we promote a sense of pride and appreciation for the natural beauty of the waterfront area and the unique experience a stroll through historic downtown provides for residents and visitors alike. Main Street events get bigger and better every year because of the value they offer in promoting the city. Our business sponsors, volunteers, and of course the individuals and families that turn out in droves are the foundation of our success!

As we kick off the new year, I want to invite you to become involved in Main Street. If you are not currently a member, or haven’t volunteered for one of our fantastic events, give us a call or stop by the office. We need your help to make 2012 the best year yet!
Happy New Year Fort Pierce!
The Fort Pierce Downtown Business Association

The DBA would like to thank Roger Dean Buick GMC and Meltra Boat Trailer Sales for the use of a GMC Truck and flat bed trailer to prepare our float for the Sights and Sounds Christmas Parade. The DBA constructed a wonderful “Down Home Country Christmas” float with their help. Fun was had by all and, of course, the Sights and Sounds Christmas Parade was a great way to start off the holiday season in Fort Pierce. The members of DBA hope that everyone’s holidays were great.

Moving into the New Year of 2012, the Fort Pierce DBA is looking forward to our upcoming events. January 5th starts it off with the first Bike Nite of the year hosted by Rinelli’s Yellow Tail. There will be music by DJ Pink and lots of bikes, bikes, bikes. This event continues every Thursday night unless Mother Nature decides to disrupt it with unfavorable riding weather. So, please come out and rev it up!

Next, the first Classic Car Cruz-In of the year will happen on Friday, January 27th, weather permitting. Roger Dean Buick GMC will continue to be a co-sponsor for this family event. People of all ages enjoy this event as evidenced by their smiles. We encourage everyone to come out and stroll down Second Street and around to Orange Avenue to take a walk back through time. The cars that participate are absolutely fascinating to view and learn about. Pictures are encouraged and the cars are very photogenic. Our Classic Car Cruz-In happens all year long on the last Friday of each month.

Don’t miss our annual St. Patrick’s Day Festival on Second Street. Everything turns green and we celebrate the Irish in all of us. Admission is free and participating is a lot of fun. The street is lined with all types of arts, crafts and food vendors. There are activities for all ages. The only requirement is to wear green to blend in with the crowd. There will be updates on this annual block party closer to the event date.

Please come out and join us for all our activities. The atmosphere is wonderful and you are sure to have a great time hanging with friends. The Fort Pierce Downtown Business Association is always looking for new members and welcomes everyone in the area to join. Please take the time to look at our website, www.fortpiercedowntown.com. All the information to become a member is on this site. See you downtown soon!
Fifteen years ago, a small band of Ft. Pierce residents created the Downtown Farmers’ Market of Fort Pierce. The Market has grown from about ten vendors on the grassy area along the waterfront just south of the city marina, to about 50 vendors in Marina Square, between the marina and the library.

In the recent “America’s Favorite Farmers’ Market” contest, sponsored by American Farmland Trust, voters were asked to say something about the Market they were voting for. Fort Pierce earned over 500 votes, and here are just a few quotes from 23 pages of comments:

“The Downtown Farmers’ Market is truly the heart of Fort Pierce. It not only brings the community together on Saturdays, but also many wonderful visitors. There are so many reasons that it should be America’s favorite market: (1) quality of produce; (2) variety of produce; (3) diversity of items available from vendors; (4) the amazing vendors; (5) the beautiful scenery overlooking the inlet; (6) the wonderful friendships that it has brought together (both with vendors and other locals); (7) the beautiful fun music that is played while the children dance; (8) the delicious variety of food; (9) Maggie the Doberman (unofficial Queen of the market); (10) the best, freshest, shelled black-eye and white-acre peas, ever! It truly has been such a pleasure to go to the market each and every Saturday. I am thrilled that it is open year round. If someone would ask me what is my favorite thing about living in Ft. Pierce, I would say without question the Farmers’ Market.”

“It is right on the Indian River Lagoon. Early in the morning the turquoise water, the live music playing, the smells of the bakery products, coffee freshly ground and made, ribs on the grill, Happy 15th Birthday, Downtown Farmers’ Market!

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

and thousands of people … it is such a happening place! The produce they sell is so fresh and delicious. We have visitors all winter and that is the one thing we never miss — the Farmer’s Market on Saturday morning. Love it!”

“I’ve been going to the downtown Fort Pierce Farmers’ Market since it opened over 10 years ago and it is just amazing what our small town has brought together compared to the larger ones around us! It’s a Saturday morning tradition!”

“The downtown Ft. Pierce Farmers’ Market is located at the Ft. Pierce Marina off the Indian River. It not only offers fresh produce, good food, arts and craft, and other interesting specialty items, but it offers an appealing small town waterside environment, with live bands, singers, and a great opportunity to jump start your day. It generates revenue into the community and provides a venue for local merchants to sell, and for the community to purchase organic produce, juices and fresh seafood for less than the large chain food stores. What a great way to contribute to a healthier America with fresh air, exercise, organic produce and seafood, and all while enjoying the day. Over five-hundred people wrote the most wonderful things about the Downtown Farmers’ Market of Fort Pierce. The Market Board says, “thank you” to our wonderful vendors and patrons and “happy 15th birthday.” Come to the Market Saturday, January 21, 2011, to celebrate the 15th Anniversary of the best Farmers’ Market in South Florida. Call the Market Manager at 772-940-1145 or visit our website at www.ftpiercefarmersmarket.com, or find us on Facebook for more information.

On the Cover: (Top, left) The Downtown Farmers’ Market of Fort Pierce, along the waterfront, is seen from the second floor of the St. Lucie County Main Library. (Top, right) Retired St. Lucie County school teachers come to the Downtown Farmers’ Market of Ft. Pierce every Saturday. (Bottom, left) Residents and visitors alike meet at the Farmers’ Market in Marina Square every Saturday morning to listen to music, eat breakfast or lunch, and shop for fresh produce and baked goods — it’s a Saturday morning tradition. (Bottom, right) The seawall is an attraction for adults and children alike at the Downtown Farmers’ Market in Fort Pierce.
Police Athletic League Park

by Pam Gillette

Fort Pierce Police Master Officer Paul Pearson did not know the impact that he would have on the children of Fort Pierce or the community. Starting the Police Athletic League (P.A.L.) with only a few children, in one of the rooms located in the Y.M.C.A, he has moved the organization several times and has largely increased the membership. Sixteen years later, the P.A.L. organization has come full circle and they have moved into their first permanent home back at the former Y.M.C.A. building.

With the efforts of the City of Fort Pierce and St. Lucie County, the once abandoned 12,000-square-foot Y.M.C.A. facility has now become P.A.L. Park. On December 8, 2011 at 10:00 a.m., Fort Pierce Police Chief Sean Baldwin welcomed and introduced the Mayor, commissioners, and community leaders who made this day possible. The dedication was a time to look back, not only at what P.A.L. has accomplished but also a time to look back at a facility that has impacted the lives of so many in our community.

Continued on page 12 …
The New Year is Here — Make a Change in 2012
by Sue Dannahower

It is the year 2012, and to be honest, I have the same New Year's resolutions each year — to lose weight and achieve better health. Dieting for short periods of time is a trend of the past. New research proves that changing eating & exercise habits for the long term is the key to permanently maintaining or losing weight. The following are tips to improve your health and to lose extra unwanted pounds:

**EAT MORE VEGETABLES & FRUITS**
Easiest thing you can do to lose weight. Think about this, most cups of soda have around 130 – 160 calories. A normal household cup is 16 ounces, so you're doubling that calorie intake. If you drink 4 – 5 household cups, that's around 1,000-1,500 calories alone. Getting rid of that calorie intake, or cutting it down to say maybe a cup a day, can help to cut 7,000 calories a week, or 2 pounds.

**CUT OUT SODA, JUICE, WINE & OTHER SWEET DRINKS**
You don't need to burn 3,000 calories and lift for 2 hours — you'll be sore, malnourished, and really sweaty.

**EAT, DON'T DEPLETE**
I know some people that only eat 1 – 2 meals a day and they are still overweight. The answer is: you have to eat more. When you don't eat enough calories your body starts to go on the defensive. Eating more boosts your metabolism, so eat enough to fuel your body. The faster your metabolism works, the more fat you'll lose.

**PROTEIN IS KING**
Another myth is that protein will make someone muscular and huge. It takes a lot more than protein to accomplish that fear; not to mention that not having enough protein will damage and destroy your body. Protein can help to rebuild muscle, increase metabolic functions, and satisfy hunger. Four grams (.15 ounces) of protein for every pound you weigh can suffice, but usually around 70 grams (2.5 ounces) for a 150-pound woman is good; around 100 – 125 grams (3.5 – 4.5 ounces) for men. Add a couple more grams if you're active: just don't eat too much protein.

**WEIGHT TRAINING**
For women especially, people think that if you lift weights or do hardcore exercises, they'll get muscles like a bodybuilder. If it was that easy, most guys would be ripped like Sylvester Stallone was in the 80s. Weight training helps with bone management, makes you stand taller, center of balance, keeps you toned, and burns more fat than just cardio alone. All of the stars in Hollywood weight train at some point.

**WRITING THINGS DOWN**
There's a reason why teachers tell you to take notes during class, and no, it's not because of busy work. Writing things down allows you to really think about what you're doing. You won't eat those 2 chocolate glazed donuts if you know that you have to write it down. Research how many calories it truly is, the protein, and how it can affect you. All of that alone deters you. Writing things down helps you to endure more pain. However, if you are the inner type, or are horrible with working out with someone else, then a personal trainer can help as well. You can have both for that matter — just try as hard as you can to have someone with you.

**FIND A TRAINING PARTNER OR PERSONAL TRAINER**
Finding someone who will be by your side through the first part of the ride, until you build that commitment, is key. Take walks — run with a buddy in the morning or night or join a gym together. This way, you'll be motivated to continue, and it will make it more enjoyable. However, finding someone is easier said than done. Many times you don't have anyone muscular and huge. It takes a lot more than protein to accomplish that feat; not to mention that not having enough protein will damage and destroy your body. Protein can help to rebuild muscle, increase metabolic functions, and satisfy hunger. Four grams (.15 ounces) of protein for every pound you weigh can suffice, but usually around 70 grams (2.5 ounces) for a 150-pound woman is good; around 100 – 125 grams (3.5 – 4.5 ounces) for men. Add a couple more grams if you're active: just don't eat too much protein.

**FINISH YOUR TRAINER SLIDESHOW**
You've done your homework! Now it's time to get that train on. Yes, you are going to be working out for a month! It may not be that fun, but I promise you, it will become an enjoyable activity if you really stick to it. Also, remember, you can always combine your workout with another thing you enjoy doing. Yoga, Pilates, or a nice run with a friend? What about tennis? You're sure to get the results you want with a little bit of hard work and a lot of determination.

**WORKING OUT WITH A PARTNER**
This is for you -- if you're a loner type, center of balance, keeps you toned, and burns more fat than just cardio alone. All of the stars in Hollywood weight train at some point.

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Fort Pierce Public Works Director, Nick Mimms, said it best: “This facility is not for the north side, the east side, the west side or the south. It is for the entire community to use and enjoy.” The City’s Public Works Department facilitated the renovation of the facility which includes new exterior stucco, painting, fencing, landscaping, recreational play equipment, remodeled restrooms, and new energy-efficient HVAC units.

After the remarks, the crowd went outside as Mayor Bob Benton, Fort Pierce Police Chief Sean Baldwin, St. Lucie County Commissioner Chris Dzadovsky, Fort Pierce Police Officer Paul Pearson (l. to r.).

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Fort Pierce Attorney Robert Schwemer, Fort Pierce Mayor Robert Benton, Fort Pierce City Commissioner Tom Perona, Fort Pierce City Commissioner Reginald Sessions, St. Lucie County Commissioner Chris Dzadovsky, Fort Pierce Police Officer Paul Pearson (l. to r.).

and a new home for the Fort Pierce Police Athletic League.

While attending the ribbon cutting ceremony, I sat remembering all the days I spent at the baseball field and the basketball gym with my children. Those days were full of good memories and happy times. It is nice to see that this property that was once a gathering spot for the entire community has again become a special place where P.A.L. can continue to change lives.

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Anytime Fitness Can Help with your New Year’s Resolutions

by Pam Gillette

It is January 1st and the holidays are over. A new year is beginning. It is time to stop procrastinating and complete those things that you have been putting off. Forge into 2012, grab hold of those resolutions and make a lifestyle change with Anytime Fitness of Fort Pierce.

Anytime Fitness of Fort Pierce knows that you have a busy schedule. With an Anytime Fitness of Fort Pierce membership, you can work out anytime of the day or night! The club is open 24 hours a day, 7 days a week, 365 days a year. There are no more excuses — become a healthier new you.

At Anytime Fitness of Fort Pierce, the general manager and head trainer, Angel Lugo, thinks it is easy to make a change if you have someone willing to help and guide you through the process. Originally from New Jersey and New York, Angel moved to Florida and has been with the gym for the past 2 years. He has been a certified trainer for the past 7 years. Angel ventured into the fitness field to help as many people as he could. He believes that every day is a new day and he can help you achieve your goals. All you have to do is to walk through the door.

If your goal is to transform your body, Anytime Fitness of Fort Pierce has started the “Body by Vi 90-Day Challenge.” Challenge classes are free to the public (no gym privileges) and each person on the challenge gets an individual consultation, help with their nutrition, and weight monitoring. Challenge Parties are every Tuesday @ 5:30 p.m. Angel and Veronica will also be available to inform you about the challenge program to meet these goals.

If toning or getting healthier is your goal, Anytime Fitness of Fort Pierce offers a full gym with a wide variety of cardio, strength, and free weight equipment to ensure that you get the best possible workout. As a new member you will receive a free fitness consultation to help you get started. You will be given an explanation and demonstration of basic exercise principles, as well as a quick, safe, and effective exercise program. They will record your baseline and help you plan your exercise goals.

If working out with weights is not your thing, Anytime Fitness of Fort Pierce has many fitness classes to choose from and they are free with your gym membership. They offer beginner classes with a full body workout on Tuesday and Thursday from 6 – 6:30 p.m. and yoga with yoga instructor/personal trainer, Annamaria Schemi on Wednesday from 6 – 7 p.m. For those seasoned pros, Angel has an intense, advanced, full-body workout called “Ripped & Lean” offered on Monday, 5:30 – 6:30 p.m. and Wednesday, 5 – 6 p.m.

Anytime Fitness of Fort Pierce is a national/international franchise and has many things to offer their members. Members have access to the Anytime Health website. On the website you can track your nutritional plans, workouts and sample videos. After 30 days you can use your membership at any of their other facilities around the country and world. In January, the gym is offering 2-for-1 30-minute personal training sessions, group training sessions and “Snowbird Specials” for our neighbors here for the winter.

Not sure that a gym is for you? Stop in, and receive a free seven-day pass to visit the club, get a personal tour, and check out the state-of-the-art equipment. Anytime Fitness of Fort Pierce is located at 111 Orange Avenue in beautiful downtown Fort Pierce. Call Angel (manager) or Veronica (co-owner) at 772-461-2348 to find out which membership option is right for you.

Don’t put it off any longer. Make today your new day, conquer that New Year’s resolution and start your health and fitness journey with Anytime Fitness of Fort Pierce.
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- Don’t cleaning the inside of the dryer.
- Close the blinds in the summer to keep the house cool.
- Use CFL bulbs.
- Turn the fan off when leaving the room.
- Change your AC filter monthly.

WATER:
- Fix leaky faucets.
- Take shorter showers.
- Don’t leave the water running while you’re not using it.

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“Down Home Country Christmas” – 23rd Annual Sights & Sounds on Second Festival and Parade

by Pam Gillette

On Sunday, December 4, 2011, Main Street Fort Pierce, the City of Fort Pierce, CenterState Bank, Seacoast National Bank, Waste Management, and the Fort Pierce Sunrise Kiwanis kicked off the 23rd Annual Sights and Sounds on Second Festival and Parade.

Before the festival began, Common Ground Vineyard Church held a Sunday morning outdoor church service at the intersection of Orange Avenue and Second Street. Pastor Todd and his congregation were there to bless our festival and support Main Street and the downtown businesses. We are continually grateful to Common Ground for their support.

At 1:00 p.m., Jeff Brown from Clear Channel Radio opened up the Sights and Sounds Festival with holiday music. Santa arrived by fire truck at 1:30 p.m. and hundreds of people mingled through the streets enjoying the entertainment by Mrs. P’s Dance & Acrobatic Studio, Star City Dance and True Crew Dance Company. Festival attendees were able to shop in downtown businesses, enjoy pony rides, jump in bounce houses and wander through the arts and crafts vendors.

At 4:30 p.m., Grand Marshall, Bud Adams, lead the 23rd Annual Sights and Sounds Parade. This year’s theme was “Down Home Country Christmas” and all the floats were decorated in a country holiday theme. This year’s parade had 62 entries pass through the roundabout. Main Street would like to thank Tom Kindred, the parade’s emcee, and our 7 judges. Main Street appreciates their time and support of this event. Main Street would also like to thank all of the parade participants who built floats and made the parade possible.

At the conclusion of the parade, Greater New Bethel Baptist Church Choir performed at the lighting of the Christmas tree. The Christmas tree was a generous donation from Waste Management and the City of Fort Pierce. The Holiday Lights Spectacular followed the tree lighting and will run 6 – 10 p.m. (weather permitting) through January 2, 2012. Main Street Fort Pierce would like to thank the many volunteers, sponsors and participants that make this day such a special event.

S P O N S O R S

Festival Sponsors: CenterState Bank, Seacoast National Bank and Waste Management.


We also thank the Main Street Board of Directors, the City of Fort Pierce Public Works Department, and a special shout-out goes to Gene Seteg for all you do for the Festival and Parade. YOU ARE THE BEST!

Photos by Patty Reynolds
2nd Place Best Commercial Float
Seacoast National Bank

2nd Place Best Dance / Cheer Group
True Crew Arts & Ed Dance Company

2nd Place Best Music Performance / Marching Band
Fort Pierce Westwood Marching Panthers

2nd Place Boy Scout / Cub Scout Group
Cub Scout Pack 405

2nd Place Equestrian Group
Turn & Burn 4-H Club

2nd Place Girl Scout / Brownie Group
Girl Scout Council of SE Florida

2nd Place Best Decorated Vehicle (Non-float)
Mustard Seed Ministries

2nd Place Best Governmental / Public Agency
FPUA / T & D — Santa

3rd Place Best School Float
St. Lucie School Float

3rd Place Equestrian Group
Racing on Faith 4-H Club

3rd Place Best Music Performance / Marching Band
St Anastasia Royal Ram Band

3rd Place Best Commercial Float
Seacoast National Bank

3rd Place Equestrian Group
Racing on Faith 4-H Club

3rd Place Float
The Royal Palms of St. Lucie County
Oprah found a new favorite food when she tried this turkey burger at Mar-a-Lago, Donald Trump’s private club in Palm Beach. “I believe [it] may be the best turkey burger in the entire world,” she says.

1/4 cup thinly sliced scallions
1/4 cup finely chopped celery
1 Granny Smith apple, peeled and diced
1/8 cup canola oil
2 pounds ground turkey breast
1 tablespoons salt
1 tablespoons black pepper
1 teaspoons Tabasco® chipotle pepper sauce
1/2 lemon, juiced and grated zest
1/4 bunch parsley, finely chopped
4 tablespoons Major Grey’s mango chutney

Sauté the scallions, celery and apples in the canola oil until tender. Let cool. Place the ground turkey in a large mixing bowl. Add sautéed items and the remaining ingredients. Shape into eight 8-ounce burgers. Refrigerate for 2 hours.

Season the turkey burgers with salt and pepper. Place on a preheated, lightly oiled grill. Grill each side for 7 minutes until meat is thoroughly cooked. Let sit for 5 minutes. Serve in a whole wheat pita or hamburger roll with Pear Chutney.

Serves 4; the burger has only 250 calories.

Mar-A-Lago Pear Chutney

1 Anjou pear, peeled and diced
1/2 teaspoon cinnamon
1/2 teaspoon salt
1/2 cup Major Grey’s Chutney
3 tablespoons cup dried currants or raisins

Preheat oven to 350 degrees. Toss the diced pears with the cinnamon and salt. Bake on a parchment-lined cookie sheet for 10 minutes. Cool and mix with the chutney & currants or raisins. Makes about 4 servings.

Unconventional Pair Team Up – Artistically and for Life

Living the life of an artist is constant inspiration and when spouses co-mingle their talents, the results can be dynamic. Skip and Saskia Fuller of Off Island Studio at the ArtBank are a well-grounded couple bursting with creative energy that complements their personalities and blends a love of the tropics and ocean living.

From their studio space on the 3rd floor you see a serene view of the Indian River. Skip, a boat builder by trade, moonlights at the ArtBank as a graphic designer whose whimsical characters and objects are drawn and airbrushed onto scraps from the boat yard. Saskia is a master goldsmith, trained in Munich. Together they bring significant talents to the stable of ArtBank artists.

In the late ’90s, Skip, a self-avowed surf bum, was meeting his father who had a charter business in St. Thomas when he met Saskia who was on a working visa at the time. They hit it off and became travel companions embarking on a world-wide journey that found them touring Europe, eventually landing themselves in West Virginia where they bought two motorcycles and rode to Orlando.

Saskia had to return to Munich where she was enrolled in a master goldsmith program and was required to study for a year. Skip visited her and it was tough for both of them during the periods of separation; the pair found it difficult to be apart. Once her training was completed, Saskia decided to make a life with Skip in America. She eventually obtained a green card to enter the United States. Skip’s dad offered him a job in Fort Pierce where they have lived for the last 12 years. Married with children, they are actively promoting art exhibits and encouraging other artists to be involved in community enterprises.

Skip still travels extensively for Pursuit Boats, attending the Genoa Boat Show in October. While at the ArtBank he is at work planning murals throughout downtown Fort Pierce or creating original art on recycled MDF plywood, a type of billboard material. He also is experienced in digital designing, making renderings in digital 3-D applications. He can be found at the ArtBank when there is no surf.

Saskia creates stunning jewelry and paints and chisels tiki figures from discarded palm trees. She will have a solo exhibit this month in the 3rd floor Foyer Gallery where the public will see her monumental scene from her time in South Africa. The Fullers are available every Art Wednesday (2nd Wednesday of every month) from 5 – 8 p.m. They can be reached at offislandstudio@gmail.com; hours by appointment.
Gazpacho

This recipe is from the Colorado Cache Cookbook. I was introduced to this Gazpacho during a potluck lunch at the University of Colorado. It is fabulous — even though I usually don’t like cold soups.

**Soup**
3 large tomatoes, peeled and chopped
1 green bell pepper, chopped
1 cucumber, peeled and chopped
1 cup chopped celery
1/2 cup chopped green onion
4 cups tomato juice

**Garnish**
2 avocados, chopped
5 Tablespoons red wine vinegar
4 Tablespoons olive oil
2 teaspoons salt
1 garlic clove, crushed
1/2 teaspoon black pepper

Lit Sour Cream

Finely chop all vegetables. Combine all ingredients in a large non-metallic bowl and chill over-night. Serve soup cold with a dollop of sour cream on top of each. Serves 6 – 8.
Forget New Year’s Resolutions
by Joanne Augusto

How many years have you made that dreaded list that only reminded you of how many things you didn’t accomplish? Stop drinking, stop smoking, stop sugar, start exercising, start reading, start …, stop…. We all have our lists. I have learned a very important lesson this year — only this moment counts.

It is true — the good/bad news is that only this moment counts. I had a very difficult time believing this because I have been making lists since I was eight. My mother and siblings would tease me about how detailed my lists were. I would have my whole life planned, so I thought.

I always wondered why I was so stressed out at the end of my day when my list didn’t go according to my day. So I made my lists even more complicated and got even more frustrated. My New Year’s resolution list got very detailed as well as the years went by. It seemed as if I was striving to be the best in every area in my life and I had to get it done this year or else. It was the or else that had me stressed to the max. At the end of each day I felt like a failure because my list wasn’t finished. It didn’t matter how much good I had done just the fact that I didn’t get everything done!

Then came James Hyman to the rescue. He came highly recommended from my massage therapist, Gina Campala. She told me that he resided in California and he was here to see a few clients for “healing sessions.” He calls it emotional release work. I will give anything a try once. As I lay on his table and he started talking to me and I started telling him my “story” he applauded me on what a great director I was. I soon realized it wasn’t a compliment. He would do a method known as tapping and I would have a terrible stomach ache when I thought of something unpleasant and a moment later I would be laughing and feeling well again. After 90 minutes I got it. I thought I could control the next moment or future and all my fear and stress was from the unknown.

At that very moment I started just living every moment like it was my last and life just keeps getting better and better. I don’t make my end of day lists. Yes, I forget things but the world doesn’t end because of it.

I decided to write about this because I see over forty people a day that are “waiting” to live their life. Please know this is your moment. Please enjoy your moments and make them the best you can.

Happy New Year!

Joanne Augusto is the owner of Nutrition World in downtown Fort Pierce. To see all Nutrition World has to offer stop by at 200 N. 2nd Street, Fort Pierce, FL 34950 or call Joanne at 464-3598.
Fort Pierce City Marina Embarks on Cutting Edge Marina Design

by Dan Dannahower

The Fort Pierce City Marina is about to undergo a major face lift. Devastated by the hurricanes of 2004, the marina has been operating at partial capacity ever since.

Over 20 years ago when my father, William “Bill” Dannahower was the Mayor of Fort Pierce, he had the docks constructed in order to attract and accommodate local, regional and international boaters. However, all the floating docks that extended into the river on the east side of the marina were destroyed by the hurricanes.

A major cleanup removed dozens of boats that were destroyed and put the marina back in business but only at about half of its potential capacity.

Years later, an innovative plan is about to be put into effect. With the help of a grant from FEMA and several years of studies to ensure feasibility, a unique concept will begin to take shape next spring. Initially a number of islands will be dredged into place to form a protective barrier around the marina east of the seawall. They will extend roughly from the seawall near the library to the east and then turn south to protect the area east of the marina from future storms. The docks east of the seawall will be rebuilt adding capacity and will be protected from future storm surge by the newly dredged islands.

This new and innovative concept is one of the first in the country and is a model for future marina construction throughout the country. Many months of testing and studies have gone into the design of our new marina and it promises to be a leading concept for marina design. Dealing with Federal agencies takes time but we are soon going to have a leading concept in marinas and can be proud of our local leaders who have steadfastly pursued this outcome. Fort Pierce is leading the way in marina design.
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Presents...
Another record-breaking season in the making!

Diana Ross
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Tony Bennett
Sunday, March 18 at 7pm

Vince Gill
Sunday, March 4 at 7pm

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