Downtown Farmers’ Market of Fort Pierce Celebrates 17th Year

See story page 8
Happy New Year! It’s hard to believe it’s 2014. I’ll spend the next month scratching out 2013 on every check I date until it sinks in. Regardless of how long it takes me to remember to change that date, I’m excited about our new year and all of the opportunities Main Street Fort Pierce has to make a difference in our historic district.

We’ve already started planning for all of the special events that MSFP organizes to bring thousands of people downtown each month. With more than 34 events and free public festivals throughout the year, MSFP focuses the majority of our energy ensuring that residents and visitors know how special the heart of the Sunrise City is to our community.

We also work hard to help local businesses thrive by promoting them through the Focus and our website. We work to ensure that the city retains its historic character and the many improvements in the Edgartown area, just north of the Platts/Backus House (home to MSFP), is one example of that commitment. We are proud to be a resource to that part of the community and the homeowners who have worked hard to renovate and reinvigorate the neighborhood.

If you are looking for a worthy cause to get involved with, MSFP would welcome your talents and energy. As a not-for-profit organization we rely on our members, donors, sponsors, and volunteers to help make great things happen in beautiful downtown Fort Pierce. With just two full-time employees (although admittedly they do the work of a dozen people) we are always grateful for helping hands that want to be involved in our ongoing events.

Make MSFP your New Year’s resolution. Commit to a few hours a month with this fantastic organization. You’ll have fun while being a part of our efforts to make downtown Fort Pierce the best place to live, work, and play!

Wishing you a very happy and prosperous 2014!

Beth Williams
President

Britt Reynolds
Vice President

Sue Dannahower
Secretary

Dave Miller
Treasurer

2013 – 2014 Officers, Board of Directors & Staff

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Dine, Shop and Enjoy Beautiful, Historic, Downtown Fort Pierce!

DOWNTOWN FORT PIERCE LIBRARY
For more information, please call 482-2787 or visit www.libraryfl.org

ST. LUCIE COUNTY REGIONAL HISTORY CENTER
For information, please call 482-1795 or visit www.stlucieco.gov/history.

ST. LUCIE COUNTY MARINE CENTER
Please call 482-4274 for more information or visit www.stlucieco.gov/center

A.E. BAKUSS MUSEUM

HEARTCOTE BOTANICAL GARDENS
For information, please call 464-4672 or visit www.hearthcotebotanicalgardens.org

Saturday, January 18 at 11 a.m. — 2 p.m. Adams Ranch Barbecue $5

Tai Chi Classes: Every Tuesday 9 a.m. with Tai Chi instructor Charlie Olsson, $10 per person. Free beginners Spanish Class Every Friday from 9:00 a.m. — 10:00 a.m.

FORT PIERCE POLICE ATHLETIC LEAGUE
For more information, please call 370-6162, www.fortpiercepolice.com

Volunteers needed for Fort Pierce Police Athletic League. Persons interested in teaching the fundamentals of sports, monitoring and knowing should contact Paul Pearson or Gabe Gonzales 772-466-0606.

FORT PIERCE JAZZ & BLUES SOCIETY
For more information, please call 482-9239 or visit www.jazzsociety.org

Every Tuesday — Jazz Jam at the Sunrise Black Box Theatre, 7:00 to 10:00 p.m.
Sunday, January 5 — Jazz at Truax’s, 5:00 to 9:00 p.m.
Sunday, January 12 — Jazz at Truax’s, 5:00 to 9:00 p.m.
Sunday, January 19 — Waterbar Blues
Every Saturday — Jazz Market in Downtown Fort Pierce (Arts & Crafts), 8 a.m. to 1 p.m.

Main Street Fort Pierce 2014 Calendar

JANUARY 2014

Sunrise Theatre
January 16th, 2014
1:00 p.m. & 3:00 p.m.
For Reservations call Sue Danahower, (772) 618-0155

Main Street Fort Pierce (Arts & Crafts), 8 a.m. to 1 p.m.

Fort Pierce Jazz & Blues Society Jazz Jam

JANUARY 2014

January 3, Friday — Fox Night — 5:30 to 9:00 p.m. — Music & Entertainment by Anderson Council, Main Street Fort Pierce, 466-3880, www.mainstreetfortpierce.org.

January 6, Wednesday — Art Walk at Art Bank — Art Murals Open Studio, 6:00 to 8:00 p.m. — The ArtBank at 111 Orange Avenue; ArtMundo.org@gmail.com; 766-0021, www.artmundo.org.

January 17, Thursday — Coffee With the Mayor — Historic City Hall at 8:00 p.m. — Sponsored by TBD, hosted by Main Street Fort Pierce & Orchid Island Juice Co., www.mainstreetfortpierce.org.

February 1, Sunday Fort Pier — First United Methodist Church, 11:00 a.m. to 2:30 p.m., Avenue A, Fort Pierce; Christians musicians from Vero Beach to Port St. Lucie.

February 3, Monday — Main Street Fort Pierce rolled out the inaugural Trolley Tour of Historic Downtown Fort Pierce. In attendance were Fort Pierce Mayor Linda Hudson, former Mayor and Dentist Bill Danahower and Anthony Westbury, a reporter for Scripps. The tour incorporated over 30 historic points of interest including the Orange Blossom Express, Ashley Gang, Flirt at Backus House, and the Sunrise Theatre. Local artists Colleen Nash Becht and Anita Prentice offered their take on our rich history.

The December tour was sponsored by City Commissioner and downtown attorney, Eddie Becht and wife Colleen. Because of the popularity, the support of Mayor Hudson and City of Fort Pierce, Main Street will continue to offer monthly tours throughout the season. Main Street Fort Pierce and the City of Fort Pierce have partnered to present upcoming tours. January’s tour will be held on Saturday, January 18, 2014 and reservations can be made for this tour by calling Sue Danahower at (772) 618-0155. The 1:30 p.m. tour will feature downtown Fort Pierce narrated by Mayor Hudson and end with a visit to the St. Lucie County Pioneer Family exhibit at St. Lucie County Regional History Museum.

A second tour that day is scheduled for 3:00 p.m.

For more information or to register please call Sue Danahower (772) 618-0155 or visit www.mainstreetfortpierce.org.

- Upcoming Events tab, Historic Trolley Tours. We are looking for Sponsors. Private tours are available for large groups.

The February tours are sponsored by Hill, Barth & King.

Historic Trolley Tours of Fort Pierce with Mayor Linda Hudson

by Sue Danahower

On Wednesday, December 11, 2013 Main Street Fort Pierce rolled out the inaugural Trolley Tour of Historic Downtown Fort Pierce. In attendance were Fort Pierce Mayor Linda Hudson, former Mayor and Dentist Bill Danahower and Anthony Westbury, a reporter for Scripps. The tour incorporated over 30 historic points of interest including the Orange Blossom Express, Ashley Gang, Flirt at Backus House, and the Sunrise Theatre. Local artists Colleen Nash Becht and Anita Prentice offered their take on our rich history.

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For more information or to register please call Sue Danahower (772) 618-0155 or visit www.mainstreetfortpierce.org.
Ring in the New Year with the Historic Sunrise Theatre’s great line-up of shows in January. Now that the holidays are behind us and things are settling down, consider enjoying a wonderful ballet like Sleeping Beauty or the likes of Garrison Keillor, for his dry Minnesota humor or KC and the Sunshine Band that will have you dancing in your seat or better yet, the aisle. There is no excuse for nothing to do or staying home, so come to Downtown Fort Pierce, have dinner and liven up your evening at the Sunrise Theatre. See for yourself with our wonderful January line-up!

Enjoy an evening with singer, songwriter, composer, pianist and author Neil Sedaka. With an impressive fifty-year plus career, Sedaka is known for songs that have become a part of peoples’ lives and can instantly take you back to special moments, like Calendar Girl, Breaking Up Is Hard To Do and Laughter in the Rain. Don’t miss one of the greatest musicians of our time, Neil Sedaka on Friday, January 3 at 8 p.m., sponsored by Humana.

One of the most beautiful sights in dance is the Nureyev State Ballet Theatre in Sleeping Beauty. The State Ballet Theatre of Russia brings the world’s most beloved ballet to the Sunrise Theatre! This is a dance lover’s dream come true – an evening devoted to one of Tchaikovsky’s finest jewels, his Sleeping Beauty. This company has showcased the unparalleled art of Russian ballet to countries around the world. Don’t miss this timeless fairytale comes to life, complete with magnificent music, romantic fantasy and incomparable beauty in motion on Friday, January 10 at 8 p.m.

Paula Poundstone takes the stage on Sunday, January 12 at 7 p.m. for a night of comedy. Her ability to create humor on the spot is legendary. She is a popular panelist on NPR’s Wait Wait Don’t Tell Me. If you like intelligent, philosophical comedy you’ll love Paula Poundstone.

Starring an incredible and diverse company of 10 actors and a live orchestra pit band, the National Touring Company of Godspell will raise your spirit with the Tony-nominated score filled with popular hit like Day by Day, Light of the World, and Turn Back, O Man. So come sing about love at Godspell on Tuesday, January 14 at 7 p.m.

An Evening with Garrison Keillor is sure to provide an evening you won’t forget with this charming, witty, and always entertaining writer, humorist and celebrity speaker. Keillor is back by popular demand on Wednesday, January 15 at 7 p.m. Sponsored by Mike and Mimi Brown and Harbor Community Bank.

On Sunday, January 19 at 7 p.m., the National Touring Company of Rock of Ages will hit the Sunrise stage for rocking 80s tunes. If you are dreaming big, playing loud and partying on, don’t miss this awesome good time!

Teatro Lirico D’Europa will present one of opera’s most popular comedies, L’Elisir D’Amore on Thursday, January 23 at 7 p.m. The touching love story and hilarious comedy with beautiful music makes for an entertaining evening you certainly do not want to miss. If you are ready to boogie, KC and the Sunshine Band on Saturday, January 25 at 8 p.m. will not disappoint.

For tickets and membership information, call the Box Office at 772.461.4775 or online at www.SunriseTheatre.com for a comprehensive listing and description of all events booked to date.

January 2014 at the Sunrise Theatre
by Anne Satterlee, Public Relations & Development Director, Sunrise Theatre
Downtown Fort Pierce Farmers’ Market Celebrates its 17th Year

by Matt Hurley

A newspaper clip from January 17, 1997, announced a new Farmers’ Market that would be held in downtown Fort Pierce. That first market was the start of one of the greatest Farmers’ Markets in the state of Florida. It is ranked #2 in the state and #42 in the nation! It’s remarkable to think back to our first Farmers’ Market in Fort Pierce where a dozen vendors gathered in the grass along the waterfront to sell their produce, baked goods, and flowers to a handful of the public. Today’s Market hosts over 65 vendors and over 4,000 attendees on any given Saturday throughout the season. The Market has grown to become known as a “Saturday morning tradition!”

Of the original 12 vendors, three actually remain as current and successful vendors. Those three vendors are Faith Conte of Faith’s House of Orchids, Gina Dean-Bey of Gina’s Bake Shop, and Patrick Bradley of PJ’s Ranch who sells natural honey, syrup, and candy. All of the original vendors recall selling out of their automobiles, on small tables and even on the grass. It was not uncommon for the sprinklers to turn on in the middle of the market and both customers and vendors alike would leave wet but satisfied with their experience at the market.

Harley Cowles who served on the board of the Market at its conception remembers the launch in 1997. “The Market was launched without the aid of grants, city or county funding. Downtown Main Street provided funding for our initial launch and it was a success from day one. To this day the Market provides a diversity of local product and our audience continues to grow,” Cowles states. According to Eric Seibenick, Executive Director, “Our Saturday market is a charming place to bring the family, friends, or a first date to enjoy delicious food and entertainment, along the beautiful Indian River Lagoon. It’s one of the many great things about Fort Pierce and St. Lucie County and you’ll always find some new flavor to savor or unusual plant to grow. The vendors treat
Spend Your Sunday in Key West — A Little Getaway Right Here at Home

by Kathleen Fredrick

Sundays are meant for sleeping late, coffee in bed, Sunday school and of course Sunday Brunch. The Backus Brunch embraces the idea of brunch as an art form by annually hosting not one but two Sunday Brunches. The Backus Brunch, held on the first Sunday in March, is a casual, short and flip-flops affair served on the Museum’s patio with food lovingly prepared by a cadre of volunteers. The other brunch, Sunday in Key West, is a snazzy event with a lavish brunch buffet held at the Inn at Ocean Village on January 26, 2014 from noon – 4 p.m. Tickets are $60 per person.

What could be better than enjoying Sunday Brunch at St. Lucie County’s premier oceanfront venue? Talk about a room with a view. No room has a better ocean view than the Inn at Ocean Village. Even better than the view, is the food, and it is out of this world! Sunday in Key West guests will enjoy an all-you-can-eat brunch buffet menu featuring all the classic brunch favorites: eggs benedict, chilled shrimp, bacon, sausage, a salad bar, fresh fish in a mango beurre blanc, a carving station, all the side dishes you expect to see and more. It will also feature the season’s freshest fruit and the golfers we have 18 holes on nine different courses. Pick a week in the mountain splendor of Maggie Valley, NC. For a second year, brunch guests will have an opportunity to win a one troy ounce gold Krugerrand. Hemlines and gold go up and down but a solid gold coin never goes out of fashion. To participate in the gold raffle just buy a bottomless champagne flute for $50. Drink your fill of champagne, mimosas, Bloody Marys, wine or beer and you will be entered in the gold drawing. Perhaps you will be the lucky person to take home a bit of Key West’s gold.

The evening includes a tour of the blacksmith shop, the Adams Ranch Museum and an in-depth ranch tour (not the quickie tour you get at most events). Discover air boating in Indian River County’s famous Stick Marsh followed by a tour of the Adams Ranch. The evening includes a tour of the blacksmith shop, the Adams Ranch Museum and an in-depth ranch tour (not the quickie tour you get at most events). Discover air boating in Indian River County’s famous Stick Marsh followed by lunch at Marsh Harbor. Not one for the country? Perhaps you’d enjoy a long weekend with six friends in an oceanfront beach house in Wabasso? On the other hand, perhaps Sunday Brunch for 12 at Immokolee suits you best or better yet, a week in the mountain splendor of Maggie Valley, NC. For a second year, brunch guests will have an opportunity to win a one troy ounce gold Krugerrand. Hemlines and gold go up and down but a solid gold coin never goes out of fashion. To participate in the gold raffle just buy a bottomless champagne flute for $50. Drink your fill of champagne, mimosas, Bloody Marys, wine or beer and you will be entered in the gold drawing. Perhaps you will be the lucky person to take home a bit of Key West’s gold.

…continued from page 9

everyone like family, making this a delight to return to again and again. We look forward to expanding both our vendor and entertainment diversity to appeal to the unique palate of our patrons. Be sure to like us on Facebook and keep up with all that’s happening at the Market.

Today the Downtown Farmers’ Market of Fort Pierce, Inc. provides a venue for the sale of produce or products to residents and visitors of St. Lucie County and the surrounding counties. The Market is a 501c3 organization with tax-exempt status. It earned this status due to its ability to encourage commerce, entertainment and trade in downtown Fort Pierce. The Market strives to display the city’s history, uniqueness, charm, and potential, in order to enhance St. Lucie County. The Market has always strived to have a balanced mixture of plants, produce, seafood, sauces, food, beverage and product vendors that maintain the unique character of a Farmers’ Market. The ideal market vendor will have locally grown the product they sell or produce the item out of locally grown resources. We shy away from reselling the product they sell or produce the item other than the item they sell or produce the item. We are open to speaking with anyone who has a unique crop or locally made product that may enhance the Market experience. Feel free to contact us anytime through our website: www.fortpiercemarket.com.

The Downtown Farmers’ Market of Ft. Pierce, Inc. is committed to providing healthy, fresh foods and horticultural products to St. Lucie County and the surrounding areas, and to encourage commerce, entertainment and trade in Downtown Fort Pierce. Come and enjoy the many pleasures of what a real farmers’ market brings to your community. Take part in the celebration. It’s a Saturday Morning Tradition.

Love, Camille Ogden, Rick Kelly, Paul Arsenault, Jackie Schindelhette and Ivo David. We have getaways and staycations, jewelry, meals and excursions all for your enjoyment.

Discover the pirate within as part of your Key West adventure. The Atocha was not the only place to find gold in Key West. For a second year, brunch guests will have an opportunity to win a one troy ounce gold Krugerrand. Hemlines and gold go up and down but a solid gold coin never goes out of fashion. To participate in the gold raffle just buy a bottomless champagne flute for $50. Drink your fill of champagne, mimosas, Bloody Marys, wine or beer and you will be entered in the gold drawing. Perhaps you will be the lucky person to take home a bit of Key West’s gold.

Come to the Sunday in Key West Brunch and enjoy a little getaway right here at home. Tickets are $60 per person. Buy your ticket before January 10th and receive an advanced purchase discount of $5 per ticket. Pre-paid reservations are required. Contact the A.E. Backus Museum, 772-465-0630, to reserve your seats today.

The food, drinks and fun are unlimited. The only thing limited about this event is the seating. Please reserve early.

The museum is not for profit. All donations and contributions are tax-deductible as allowed by law. The A.E. Backus Museum is located at 500 N. Indian River Dr. in downtown, Ft. Pierce. www.backusmuseum.com, info@backusmuseum.com, 772-465-0630.

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Downtown Farmer’s Market: Lola Tortola Sugar & Spice

by Matt Hurley

Tortola is the largest and most populated territory of the British Virgin Islands. History tells us that Christopher Columbus named it Tortola, meaning “land of the turtle dove.” The rich mountain soils have proven to be an idyllic land for growing island spices and sugar were grown commercially.

Today you can shop at the Downtown Fort Pierce Farmers Market where you can find Lola Tortola Sugar and Spice. Founded in 1997 by Carrie Cook, you can purchase an abundant supply of island herbs and spices. Many of the products are locally grown at Lola Tortola.

Lola Tortola has a strong base of customers with homeopathic needs as well as those who simply prefer to buy freshly dried and natural spices. Island-style spices have been used since the time of Hippocrates. In fact, he was quoted as saying “Let food be thy medicine and medicine be thy food.”

Some of the homeopathic products available from Lola Tortola include: ginger, hibiscus flowers, cinnamon, moringa and a wide variety of salt-free, sugar-free, chemical-free, gluten-free, and vegetarian products. Besides tasting great, cinnamon is used widely to regulate blood sugars, ginger is a natural energy booster and pain reliever, and Chapparral is known as “nature’s antibiotic.”

Carrie Cook, of Lola Tortola, invites you to try a delicious recipe below tested in our kitchen.

**Carrie’s Curry**

This recipe is very adaptable. I have used chicken but any form of seafood, poultry, or pork may be used. Just be sure to have fun when cooking. Never be afraid to think outside the box or change a recipe to your liking.

Melt butter in large skillet. Sauté 3 or 4 cloves of chopped fresh garlic and 1 small chopped red onion, until brown. Add curry to taste. Add 1 pound diced chicken, sauté until cooked and browned. Add ½ to 1 full can of coconut milk and cook until bubbly. Add a pinch of sea salt, black pepper and a bit of ginger. Spoon over cooked rice and top with grape halves & raisins. Add a sprinkle of fresh chopped parsley and coconut chips. For a bit more heat, add a little chili or cayenne during the sauce process.

Be sure and visit Lola Tortola at the Downtown Fort Pierce Farmers Market and enjoy the best variety of freshly dried seasonings and spices. You can also visit their website at lolatortolaspices.com. Come and spice up your life and discover what you have been missing!
Fort Pierce Yacht Club Hosts Annual Trim-a-Tree Party

On Friday night, December 6, 2013, the Fort Pierce Yacht Club held its annual Trim-a-Tree party. This festive event recognizes the beginning of the Christmas and charitable season.

Each year the Club puts up a Christmas tree and gives the members an opportunity to participate in adding the trimmings to the tree. In keeping with the spirit of Christmas, the Club chooses a charity in need of help in conjunction with this season-opening party. This year, the local chapter of PAL was chosen.

Each summer the local PAL organization brings over a hundred children, ages seven to fourteen, to the waterfront at Veteran’s Park to introduce them to fishing. The children are given a fishing pole with a reel, and shown how to use them. They are taught how to bait hooks, how to cast, and are given fishing tips by PAL volunteers. Last summer the event took place at the Fort Pierce Yacht Club at Veteran’s Park.

This year PAL’s Fishing Fest event was chosen when the Fort Pierce Yacht Club learned fishing poles and reels were needed. A fund raising effort was organized and members of the Club generously donated enough to purchase the needed fishing poles and reels.

At this year’s Trim-a-Tree Party, the Fort Pierce Yacht Club hosted the PAL Pee Wee cheerleader group, consisting of young ladies eight to eleven years old, as well as Mayor Linda Hudson who joined the festivities.

The cheerleading group provided entertainment by demonstrating their cheerleading skills. The Club then presented PAL with ninety new fishing rods and reels.

The Fort Pierce Yacht Club commends PAL volunteers for their efforts and contributions.

For more information on the Fort Pierce Yacht Club or membership please contact 772-461-9150 or visit the website at http://ftpierceyachtclub.homestead.com.

Song Fest 2014 Coming on February 1st

Song Fest 2014 is on its way! Featured will be Christian musicians from Vero Beach to Port St. Lucie, bringing their powerful entertainment.

On Saturday, February 1, 2014, from 11:00 a.m. to 2:30 p.m. in the Avenue A parking area of First United Methodist Church, Fort Pierce, many of the performers from the highly successful Song Fest 2013 are returning and new ones have been added to “just get together to enjoy good Christian music,” announced the outreach planning team of Beth Childs, Kathy Krueger and Kitty England-Nieves.

The pop corn machine will be busy working hard. There’ll be Dale’s Barbeque sandwiches and the pre-school will be selling cookies and brownies. So, bring your folding chair and get ready to enjoy some good, down-home, foot-stomping Christian music with fine, local musicians. See you there!
Welcome to Fort Pierce Buick GMC, your local St. Lucie and Okeechobee Counties dealer. Our dealership has been proudly serving the Treasure Coast, Port St. Lucie, West Palm Beach, Vero Beach, Stuart, Jensen Beach, Tradition and St Lucie Buick GMC communities for many years. We offer a great selection of new Buick GMC models as well as used cars and trucks. Our pre-owned vehicles have been thoroughly inspected, tested and rigorously cleaned for continued safety and use. We invite you to stop by and see the difference in our ownership experience. Stop in today and meet our new management team. See why dealing with Fort Pierce Buick GMC is the place to shop for your next vehicle. We make shopping for your next vehicle a pleasure.

(800) 777-8021  www.fortpiercebuickgmc.com

Spotlight on...

Stop by and meet the new General Manager, Kevin Hester. Kevin recently moved here from Jacksonville, Florida. He is a retired Navy Officer with 24 years of military service. He currently resides on Hutchinson Island with his wife, Helen.

Kevin has over 15 years of experience in the Automotive industry serving in every aspect of dealership operations. He is completely dedicated to his people and to ensuring that his customers are completely satisfied.

Let Fort Pierce Buick GMC serve all your automotive needs in St. Lucie and Okeechobee counties and the Treasure Coast.

Give us a call or stop by today!

Fort Pierce Buick GMC
5255 S. US Highway 1
Fort Pierce, FL 34982
(800) 777-8021

Sales | Service | Parts | Body Shop
Many volunteer opportunities are available. Main Street Fort Pierce puts on over 30 events every year. For more information or to sign up please contact Volunteer Coordinator, Sue Dannahower at Sue_Dannahower@Bellsouth.net or (772) 618-0155.

Parade Winners

Sights & Sounds on Second Festival & Parade

1st Place Float – Fort Pierce Yacht Club
2nd Place Float – Fr. Pierce Elks Lodge #1520
3rd Place Float – Reach Community Church

1st Place Equestrian Group – Spurs & Stuff 4-H Club
1st Place Equestrian Group – Turn & Burn 4-H Club
2nd Place Equestrian Group – Tri-County Animal Hospital
3rd Place Equestrian Group – Midnight Riders 4-H Club

1st Place Girl Scout/Boy Scout Group – Aquila Girl Scout Troop of Fort Pierce
2nd Place Girl Scout/Boy Scout Group – Girl Scout Troops 40685
3rd Place Girl Scout/Boy Scout Group – Club Scout Pack 479

1st Place Best Dance/ Cheer Group – South Florida Dance Company
2nd Place Best Dance/ Cheer Group – Mrs. P’s Dance & Acrobatic Studios
2nd Place Best Dance/ Cheer Group – St. Lucie Ballet
3rd Place Best Dance/ Cheer Group – St. Anastasia Ram Cheerleaders

1st Place Best Commercial Entry – Summerlin’s Marine Construction
2nd Place Best Commercial Entry – Dunn’s Tractor Service
3rd Place Best Commercial Entry – The Cake Lady Custom Cakes

1st Place Best Decorated Vehicle (Non-float) – Oculina Bank
2nd Place Best Decorated Vehicle (Non-float) – Treasure Coast Vintage Car Club
3rd Place Best Decorated Vehicle (Non-float) – American Legion Riders Post 318

1st Place Best Music Performance/Marching Band – Fort Pierce Central Marching Cobra Band
2nd Place Best Music Performance/Marching Band – Urban Fire Dance Studio
3rd Place Best Music Performance/Marching Band – Fort Pierce Westwood Panther Marching
3rd Place Best Music Performance/Marching Band – Future Generations Music Programs
3rd Place Best Music Performance/Marching Band – St. Anastasia Royal Ram Band

1st Place Best 4-H or Youth Club Group – Rocking Horse 4-H Club
2nd Place Best 4-H or Youth Club Group – Lulaa’s Dojo Karate for Christ
3rd Place Best 4-H or Youth Club Group – Fr. Pierce Westwood FFA

1st Place Best Governmental/Public Agency Entry – Fort Pierce Utilities
Waste/Water Department – SANTA
2nd Place Best Governmental/Public Agency Entry – St. Lucie County Commissioners
3rd Place Best Governmental/Public Agency Entry – Treasure Coast Bengals

Continued on page 20...
Terri Joelle Bennett, an artist from Little Rock, invites viewers to see the dream-like images that emerge from her imagination. Born into a family of artists, Terri engaged in the arts from childhood and throughout her school years. While she was briefly an art major in her college years at the University of Arkansas at Little Rock, a Bachelor of Science Degree in Nursing lead to work in labor and delivery at Baptist Health Medical Center.

Nursing is Terri’s “day job” and she is good at it. However, she is a committed and talented artist. The drawings and mixed media work now hanging in the South Hall Gallery at Art Mundo reflect Terri’s undeniable talent. Coming from a family of artists, she spent many hours at the side of her grandmother as she created her art. This, and years of journaling and sketching, have kept Terri invested in her work.

Beginning with sketchbooks filled with pencil drawings of landscapes and buildings, Terri has developed a style that allows her to capture moments and images of whimsy drawn from a variety of inspirations. As Terri tells it, she uses the work from her sketchbooks to put together meaningful art. “Shading is an important element in my work and I am infatuated with faces. Defined shapes and contours are created by the value work in my art. I work mainly in pen and ink.”

Ballpoint pen is, in fact, her medium of choice. “The use of ballpoint pen evolved, frankly, from doodling. All of the pages of notes I should have been taking in class plus hours on the phone at a job I had prior to becoming a nurse helped me to develop my technique.”

Come visit the gallery and take in the illustrations and artwork of our visitor from Little Rock. Terri Bennett’s inspirations come from poetry, song lyrics, and conversation. The work is whimsical and dream-like. As the artist herself says, “Everything is at least a little bit odd or off (but really, isn’t everyone?). I think that’s what keeps things interesting.”
Smart Nutrition in Historic Arcade Building in Fort Pierce

by Pam Gillette

Brenda Valdivia of Smart Nutrition wants to know, “What are you waiting for?” She believes that a healthier and happier lifestyle is right around the corner for everyone. All you have to do is take the first step and she wants to be there to help you.

Brenda Valdivia opened Smart Nutrition with the vision to help people feel better and to discover the benefits of good nutrition. Feeling unsatisfied, Brenda left her job in February 2012 after a friend introduced her to the products. After losing weight and feeling better, she opened her first store in northwest Fort Pierce.

Brenda always wanted the business to be in the Arcade Building, so when space became available in November she opened Smart Nutrition. She has since turned over the management of the original location and is devoting her time to the new store. Brenda speaks English, Spanish, and some Creole offering a multi-cultural dimension to her business.

Smart Nutrition is a Nutritional Club. It is a place where people can gather together to discuss health, fitness and nutritional concerns. It is a place to meet people with similar goals and make new friends; friends that are there to help and support each other.

There are many signs of poor nutrition; lack of energy, heartburn, stress, cellulite, bad moods, fatigue, lack of concentration, premature aging, poor blood circulation, low job performance, anxiety, muscle loss, bad digestion, excessive hunger and weight gain. These symptoms may be the consequence of not eating well or not having breakfast.

Smart Nutrition is there to give you a free health evaluation and discuss proper changes to your diet and exercise plans. Along with dietary suggestions, the club start a weight loss challenge on January 10 with coach Dina Edmond.

Smart Nutrition is located in the Historic Arcade Building at 101 North US1, Unit# 130, in downtown Fort Pierce. Smart Nutrition is opened Monday through Friday 7:00 a.m. to 12:00 p.m. Stop by on your way to work and begin your morning with her morning special – 3 drinks (a vitamin protein shake, aloe shot and tea) for $5.

It’s a new year with new goals and resolutions. What are you waiting for? Come discover the benefits of good nutrition at Smart Nutrition.
Treasure Coast Youth Sailing Foundation

For the past seven years the Treasure Coast Youth Sailing Foundation has been conducting a successful summer sailing program for children seven to fourteen years of age. Some five hundred students have gone through the program since its inception. It soon became apparent there was need for expansion since there was no program for students over thirteen who wished to continue sailing.

In the summer of 2013, the City of Fort Pierce gave the Foundation use of a pavilion at Jaycee Park for expansion of its sailing program to include young people through the age of eighteen. Larger boats were needed for this and ‘420’ sailboats were chosen as the appropriate size. They are large enough to accommodate two students. Funds are now being sought to assist with the purchase of six of these boats and for renovation and modification of the pavilion.

Continued on page 26…
The new Kids’ Crossing Playground at Rotary Park is officially open! Thanks to the overwhelming support of volunteers, the 11,000-square-foot playground was completed in just over 5 days! Fort Pierce Mayor Linda Hudson, along with the hard-working Steering Committee members, dedicated Captains, volunteers, elected officials, donors, and dignitaries, held an official ribbon cutting ceremony on November 20th to officially re-open the playground.

Additionally, the City of Fort Pierce presented a Proclamation in honor of the volunteers to Joey Trefelner, the project’s General Coordinator, at a City Commission meeting on December 2nd, with fellow Steering Committee members proudly in attendance. Since the playground has been officially re-opened, the outpouring of positive feedback has been sensational. The playground, which was designed by local children, has already been enjoyed by hundreds of children, along with their families and friends.

Building this community gathering place, which will last fifty years, was no small feat. Steering committee members Bruce Abernathy, Jr., Monique Bruhn, Douglas Davis, Michelle Franklin, Melinda Gonano, Bud Holmes, Joe Lott, Frankie Lott, Erik Mervil, Julia Mervil, Stephen Neill, Tom Petrona, Sarah Pride, Natasha Santoro, Holly Theuns, and Jennifer M. Trefelner, have been strategically planning this endeavor for more than one year.

The monumental task could not have been done without the tireless efforts of the construction Captains. These volunteers worked 14 hours a day, for 5 days, and were tasked with coordinating thousands of volunteers on-site. The dedicated Captains Bruce Abernathy, Bud Holmes, Tom Petrona, Bob Benton, Clay Schumann, Glen Bounty, Linda Sampson, Derek Fogal, Jack Crumbo, Dan Noelke, Earl Gordon, and Marcel Bergeron, are to commended for their support to this project.

Additionally, the playground could not have been built without the churches, civic organizations, businesses, youth groups, schools, and local volunteers who helped to coordinate fundraisers and helped to build the playground, which many call a work-of-art. Approximately $250,000 was raised throughout the year to build the playground, which will be an asset to future generations.

“They say it takes a community to build a playground such as this, but I say, this playground helped to build our community,” remarked General Coordinator Joey Trefelner. Please visit the website, www.KidsCrossingPlayground.com or the group’s Facebook page to view pictures from the build and from the past year.

The Foundation is also seeking funds to provide scholarships for children from low- to middle-income homes. Since its inception, the Foundation has provided scholarships to some 65 children and will continue to award these as funds are available.

Each $250 scholarship donation will cover a week’s tuition, lunches for a week, and a life jacket for a child. The Foundation has also implemented a year-round membership fee, donations, and volunteerism students participating in that program.

The Treasure Coast Youth Sailing Foundation is a 501(c)(3) non-profit public charity. The City of Fort Pierce and the Fort Pierce Yacht Club are sponsors of the Foundation. All contributions are tax deductible.

For information about its programs or opportunities to contribute, please call 772-332-1732, or see the website at: treasurecoastyouthsailing.com.

Don’t Fall for It!

by Joanne Augusto, Owner Nutrition World

I always try to be positive and embrace love, hope and faith. At times this is challenging when each day I see false promises made that one product can change your life. Customers will walk into my store asking for the new best item on the Internet and when I tell them I don’t carry it they look like all hope is lost. When in reality, I later explain that the claims are not true and it is a waste of money.

Each of us has the ability to use our common sense to not fall for gimmicks. I wish all these claims were true. I would be wrinkle-free, size two, and a millionaire!

I research each product to make sure the claims are true. Some claims may be exaggerated or need a long usage time or higher dose to actually work.

Here are some ways you can see if the product is right for you:
• How long has the company been in business (make sure it was before the ingredient got popular?)
• Where is it made? Where is the ingredient sourced and where is it put into the bottle. You do not want to have contaminants. Unfortunately some ingredients have to be grown in particular areas to be effective.
• Where are the bottles stored? What temperature? (If they hesitate, hang up and move on)
• Do they have a good return policy? It should be able to be returned without question.
• Are the telephone operators anxious to get your credit card information? Hang up.
• Are there fillers in the powder? Less is more. Check every word on the bottle.

We all want to have an easy way to stay healthy but staying well, fit, positive and slowing down the aging process, takes an effort each and every day. I do believe the reward is well worth it.

Happy New Year!
Nutrition World is located at 200 N. Second Street in Fort Pierce.
Winter is On Its Way

by Dan Dannahower

We’re well on our way into winter with its cooling temperatures and blustery days. The cold fronts become stronger and push south of us without stalling out as they do during summer. With them come rain, wind, and cloudy days, which tend to create frequent changing weather patterns. These changing conditions affect the feeding patterns of many local fish species resulting in some really great fishing days and others where one couldn’t catch a thing to save their life. Those squally, windy white capped days on the river can provide some great trout fishing but require rain gear, warm clothing and a real determination to catch a fish as they aren’t the most pleasant times to be on the water. There will be plenty of nice days too, and those can be productive also. My point is the changing weather patterns of winter turn the bite on and off more frequently and give us more opportunity to have a good day of fishing.

The offshore scene also changes with the weather. The winds that accompany frontal weather turn the ocean rough and choppy. Offshore game fishing tends to be best during winter but requires a close watch on conditions for both safety and comfort. Local tackle shops and marinas usually have up to date info on conditions both offshore and inshore and on what’s biting and what’s not. A phone call or visit can be a great help to you for deciding whether tomorrow’s a good bet to go for a lunker or wait for a better day.

Recent fishing both on and offshore has been good with some slow days mixed in. Kingfish, dolphin, snapper, grouper and black sea bass are being taken offshore. In the lagoon redfish and trout have been good and the snook bite has been hit and miss. Early morning and late evening are usually best in the lagoon. The grass flats and around spoil islands work well when the water is warm. When cooler temperatures prevail try along cuts and channel edges where fish tend to hang deeper when it’s cold. Good luck and good fishing.

Recipe Corner

Honey Baked Salmon

by Sue Dannahower

We had two Family Reunions at the Rock Springs Guest Ranch in Bend, Oregon. They had a wonderful chef - this salmon is very good. Enjoy! Serve the fish over asparagus and wild rice for a complete meal.

1 salmon filet (1/2 fish-3 1/2” thick)

Brine
4 cups hot water
1/2 cup salt
1/2 cup brown sugar
1 piece ginger, chopped (size of thumb)
1 teaspoon allspice
1 teaspoon bay leaves

Honey Glaze
1/4 cup honey
2-4 Tablespoons multi-colored peppercorns, crushed

Combine hot water with the brine spices. Make sure the salt dissolves completely. Taste, the brine should be sweet, but a little salty. Let cool. Marinate the salmon filet for in the fridge for 2 hours - turning several times. Drain and wash to remove the spices.

Put salmon filet on cookie tray, top with honey, at least 1/4 cup. Sprinkle with peppercorns. Bake in 400-degree oven for about 20-25 minutes (for a 3 1/2” thick fillet). Check for doneness; color should be brown.

Serve warm with Caper Sauce (recipe follows).

Caper Sauce
3/4 cup mayonnaise
1 1/2 stalks celery, finely diced
1 Tablespoon cilantro leaves, chopped
2 teaspoons basil, chopped
2 Tablespoons capers
1 small dill pickle, finely chopped
1 small sweet pickle, finely chopped

Add all ingredients together and chill until ready to use.
Sunrise Theatre
For the Performing Arts

State Ballet Theatre of Russia
Sleeping Beauty
January 10

The Comedy of Paula Poundstone
January 12

Godspell
January 14

An Evening With Garrison Keillor
January 15

National Touring Company of
Rock Of Ages
January 19

Teatro Lirico D’Europa’s
L’Elisir D’Amore
January 23

KC & The Sunshine Band
January 25

The Fab Four
January 29

The Spencers: Theatre of Illusion
January 31

The Orchestra
February 1

Alan Parsons Live Project
February 16

Man Of La Mancha
February 21

National Touring Company of

G. Bizet’s Carmen
February 22

Red Hot Chilli Pipers
February 23

Swan Lake
February 26

Collective Soul
February 28

For a complete listing of shows
Call 772.461.4775 or visit SunriseTheatre.com

117 South 2nd Street
In Historic Fort Pierce