Historic Downtown Fort Pierce Welcomes You!

CharDognay, A Pet-Friendly Beer & Wine Bar
NEW Business, see page 10

Wildfire Clay Studio,
Classes & Memberships
NEW Business, see page 14

TrysT Downtown,
Dance Studio & Event Venue
NEW Business, see page 13

121 ... on Melody Lane,
A Boutique Tapas Restaurant
NEW Business, see page 15
Can you believe we just have two months left in the year? That means the holidays are fast approaching and if you aren’t one of those rare people who finishes their gift shopping before July, you need some ideas at this point! Beautiful historic downtown Fort Pierce is a treasure chest when it comes to finding just the right gifts for family and friends.

You can find clothing, jewelry, flowers, art, candles and unique knick-knacks. There are books, home accessories, and even home improvement supplies. You can buy gift certificates for salon services, restaurants, and shows at the Sunrise Theatre. You can give experiences that include art classes or water tours of the Indian River Lagoon! There’s literally something for everyone on your list. All you need to do is take a leisurely stroll through the district for the best holiday shopping experience.

Supporting local businesses is a big part of what we do at Main Street Fort Pierce. Hosting events that keep people coming downtown year-round helps promote all of the stores and services that are the foundation of the historic district. When you shop or have an evening out, we hope you’ll choose to spend money locally to help ensure a healthy and thriving downtown.

Speaking of events, the annual Sights & Sounds Festival and Parade is scheduled for Sunday, December 2, 2012 from 1:00 p.m. until the tree lighting ceremony later that evening. There’s always a lot of excitement downtown for this event and it’s a great way to spend a family day and kick-off all of the festivities that December brings. Make sure you put Sights & Sounds on your calendar of holiday activities!

On behalf of the Board of Directors I want to thank our many sponsors, donors, volunteers, and members for your support this year. Main Street Fort Pierce is a strong and vibrant organization because of you! If you aren’t a member, I hope you’ll join today by completing the membership form in this edition of the Focus. If you are a member, consider giving the gift of community to a friend or family member by signing them up!

Wishing everyone a wonderful holiday season!
Jeff Harding to Headline Waterside Blues Show

The very popular *Waterside Blues Concert Series* given by the Fort Pierce Jazz & Blues Society begins Sunday afternoon, November 18th, 1:00 – 5:00 p.m. at the Ft. Pierce Marina Square. There will be chairs, but guests are welcome to bring their own and get comfortable under the trees, have a snack or a beer (available for purchase) and enjoy outstanding Blues music.

Headliner, Jeff Harding has been booked by Live Nation, AEG, and has opened for artists like: Heart, Better Than Ezra, Hootie & The Blowfish, STYX, Howard Jones, Robert Cray, Colin Hay (Men At Work), Uncle Kracker, Andy Grammer, Tower Of Power, Delbert McClinton, Ryan Cabrera, Chris Barron (Spin Doctors), The Hooters, and comedian Ron White.

Chances are if you have seen some of these impressive attractions, you may have seen Jeff Harding. Here’s an opportunity to catch him live, in person, at the next *Waterside Blues Concert*, right in Fort Pierce.

For more information visit www.JazzSociety.org.

Orca Will Present an Evening with Carl Hiaasen December 9

Don’t miss bestselling novelist and journalist Carl Hiaasen on December 9 at the Sunrise Theatre in Fort Pierce for a fundraiser hosted by and benefiting the Ocean Research & Conservation Association (ORCA). An intimate cocktail hour and dinner for VIP guests will begin at 5:30 p.m. Hiaasen will take the stage at 7:30 p.m. in his always entertaining and comedic Hiaasenesque style. Following the talk, you will have an opportunity to meet the bestselling novelist during a book signing reception.

Carl Hiaasen writes in a comic style that combines thrilling plot lines, blunder-prone schemes, headstrong men and women, corrupt politicians, and a loving nod to the natural habitats for the generations of tomorrow. For more information, please visit teamorca.org.
I’m privileged to have this opportunity to thank the citizens of Fort Pierce for allowing me to represent them for the last 17 years. It’s been a thrilling and humbling experience. When first elected to the City Commission in 1996, I had the honor of serving with a team whose dream was a rebirth of our beautiful historic city. Working with Mayor Eddie Enns; Commissioners Mary Ann Bryan, R. Duke Nelson, and Reggie Sessions; City Manager, Dennis Beach; visionary planner, Ramon Trías; City Engineer, Hector Arias; Main Street leaders, Tom Kindred and Doris Tillman; and with the help of city residents through many planning charrettes, we put the vision on paper. Together we transformed Fort Pierce into a city of excellence, restoring pride to our residents.

One of our first projects was the development of Marina Square highlighting our beautiful waterfront. That venue has become the heart of Fort Pierce, hosting the weekly Farmer’s Market as well as Friday Fest and many other monthly and annual events which draw people from all over the Treasure Coast.

Taking over the helm at Mayor in 2004, we were soon faced with the aftermath of Hurricanes Frances and Jeanne. Armed with dedication and a firm belief in the future of Fort Pierce, we overcame the challenge and moved forward. Through the next 8 years we have celebrated many new or rebuilt historic facilities throughout the city. We have seen the reconstruction of numerous segments of the City including Avenue D, Orange Avenue, and the redevelopment of our parks, beach access and numerous community amenities. The comprehensive A1A construction and future improvements to accent the expansion of Jetty Park will further expand our future potential. Coupling our infrastructure improvements with the institution of various downtown festivities accenting our waterfront and resources will continue to offer an intimate experience to residents and visitors alike. The community effort and embrace of our bright future paved way for the recognition of Main Street Fort Pierce as a winner of the 2011 “Great American Main Street” award.

Furthermore, extensive initiatives from both the private and public sectors have placed a positive roadmap for Fort Pierce to overcome the current economic difficulties. The development of Indian River State College, Florida Atlantic’s expansion of Harbor Branch Oceanographic Institute, the location of the Smithsonian Marine Station & Aquarium, and the progression of the UF IFAS center accentuate the research and educational capacity of Fort Pierce. The reopening of the Sunrise Theatre and addition of the Black Box, enhancement of Indian Hills Golf Course, reconstruction of the Fort Pierce Municipal Marina, the wonderful partnership and exhibits of Art Mundo, and extension of Heathcote Botanical Gardens provide a snapshot of initiatives that continue to enhance our quality of life and attraction for investment. The resilience of small business and entrepreneurial spirit are matching these community achievements to strive for economic prosperity even through recession. Continued focus on and embrace of Fort Pierce’s potential will prove to bring a brighter future. I am delighted to see our vast opportunity and the persistent pride throughout our community. With sustained community involvement and optimism, Fort Pierce can further develop as the jewel of the Treasure Coast.
Think Unique this Holiday Season!

The Backus Museum will feature its annual Holiday Art Festival from November 23, 2012 through January 11, 2013. Visitors can shop for distinctive holiday gifts at this much anticipated Festival. The event will feature artwork, jewelry, pottery, glass, paintings, wood, and more for sale just in time for holiday gift-giving. Over a dozen artists will be participating, including a special retrospective of work by renowned local artist, Bob “Laff” Lafferandre. As a printer, Laff shares with the world his appreciation of the inspiring beauty found in nature. His etchings are in private collections throughout the world.

Art Sale & Holiday Festival Open House: Friday, November 30, from 5:00 to 8:00 p.m., with hors d’oeuvres & holiday spirits, and Saturday, December 1, from 10:00 a.m. to 2:00 p.m., refreshments; free admission / open to the public.

Art lovers and holiday shoppers convene to browse and shop for one-of-a-kind gifts and original works of art. A special gift valued at $75 will be given to everyone who makes a purchase of $25 or more during the Open House on Friday or Saturday, November 30 or December 1, 2012!

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It has been an honor to serve with honesty and integrity as your Mayor of Fort Pierce.

“Thanks!” to everyone who supported us in the August primary election.

As we move forward, I ask for your continued support in the upcoming election for St. Lucie County Commissioner District 1, Republican on November 6, 2012.

Please invite your family and friends to vote Bob Benton!

Approved by Bob Benton and paid for by Bob Benton Campaign account.
CharDognay, A Pet-Friendly Beer & Wine Bar
by Sue Dannahower

CharDognay is created to be a fun, casual, relaxing place for people to meet, talk and have a good time. The atmosphere is more like being in a clubhouse, not a bar. It is decorated with sectionals, sofas, casual chairs and a few tables too with the hope everyone can find a place to feel comfortable and relaxed. You will find board games, books, artwork and more filling the space for your enjoyment. CharDognay welcomes groups, meetings and private functions, too.

CharDognay will provide live music (Thursday to Saturday), comedy shows, karaoke, single parties, wine flights, Texas Hold’em, and much more.

Picasso Vino allows for a great Saturday afternoon painting session while enjoying a glass of vino or beer. Wine dinners are offered once a month and that is the only time you will get a full dinner at CharDognay, with all courses paired with wines to complement the menu, along with education on the wines and their heritage. Date nights will include fun couple activities like cooking classes and movies. Girls Night Out (WINOS = Women in Need of Shopping) will include things such as jewelry making, Pampered Chef, along with various wine tastings. Guys Night Out will include Texas Hold’em and of course some video gaming.

A few words from Owner, Janet Birdsall: CharDognay, a pet-friendly beer and wine bar (pets are welcome on the patio) is located in Downtown Historic Fort Pierce. After moving here just a few months ago, it was apparent that the downtown area needed a fun and casual meeting place. Being in my mid-forties but single, a very active Havanese show breeder (www.myyuppypuppy.com) with a huge passion for dogs, I wanted a place to meet people that was comfortable, friendly, upscale and welcoming. I wanted good food and wine at affordable prices. I have been planning to open up a Home-Ec School for a couple of years, but knew it could not support itself. One evening while out on a date, I visited a wonderful wine bar in Vero Beach. It was warm and inviting. I sat there thinking this is exactly what we need in Fort Pierce. With that said I had my answer, the wine bar could be phase 1 of my business plan, allowing me to grow into phase 2 next spring. So I jumped right in … and thus the birth of CharDognay.

Are you thirsty? Their Craft Beer includes the likes of Smutty Nose Brown Dog Ale, SeaDog, Doggie Style, The Lost Dog, Alpha Dog, Dogzilla and even the DogFather just to name a few. Wines include Double Dog Dare, Bad Dog Ranch, Our Dog Blue, Herding Cats, Fat Cat and Vicious Zin and many many more.

Are You Hungry? Enjoy upscale salads such as Chocolate Lovers, Raspberry Walnut or Warm Spinach, served all day. Small plates or tapas are served 4 p.m. to closing. Try mouth-watering Raspberry Habanera Goat Cheese Puffs, Chicken & Bacon Crostini or Tangy Pepper Brie Cups. The house soup is Homemade Roasted Creamy Tomato as well as a daily soup du jour. Lunch is served from 11 a.m. to 3 p.m. However, the desserts are the best! You must try the White Chocolate Wonton Cups.

The November/December schedule of events can be found on their website www.chardognay.com.

Open Monday through Thursday from 11 a.m. to 10 p.m.; Friday and Saturday from 11 a.m. to midnight (or until everyone is ready to go home), and Sunday 3 p.m. to 10 p.m. Happy Hour is every day from 3 p.m. to 7 p.m. offering house beer and wine for just $3. They also have an “All Day, Every Day” special that offers you two appetizers/salads and a bottle of house wine for just $28. All menu items are less than $7.50. Beer and wine range from $4.

Whatever the night or event, everyone is sure to have fun and feel welcome at CharDognay! Come, sit, stay, drink and eat! CharDognay is located at 224 Orange Avenue in Historic Downtown Fort Pierce; phone 772-324-WINE (9463), www.chardognay.com.
Located in downtown Fort Pierce, TrysT is a new dance studio and event venue. Owner, Shiela Soler, has many years of dance experience and is very excited about sharing her experience with those that have never danced before, or perhaps want to revive previous experience in dance. Shiela, having previously owned a dance studio, is excited to bring her love of dance to Fort Pierce and is available for questions about dance schedules, classes, or special events. TrysT would also like to host your next special event, such as a wedding and wedding reception, bridal or baby shower, fundraiser and similar events. They also offer catering!

Most dance instructors are either past or present competition champions and all continue to study in various dances to give you the most current variation of dance. They offer top instruction in all forms of dance for adults and children. You are never too young or too old to learn. Their Fitness Dance Class Schedule includes: Belly Dancing, Tai Chi/ Qiqi Gong, Yoga, and Latin Dance Fitness. TrysT’s Ballroom Dance class schedule includes: Salsa, Argentine Tango, West Coast Swing, East Coast Swing, Line Dancing, Cha-Cha, Waltz and five just to name a few. Private and group lessons are offered, during the week and weekends. The studio is also open one afternoon a week for Assisted Living residents at a reduced price.

So why not waltz in and watch? You’ll find “TrysT Downtown” to be an affair to remember. Call Shiela Soler today at 772-631-5633 for information on your next dance or to reserve TrysT’s unique venue for an upcoming event.
Art Mundo Charter Member Opens Wildfire Clay Studio Downtown

by Holly Theuns

Eileen DiTullio and her brand new Wildfire Clay Studio are a shining example of what the founders envisioned when they created Art Mundo. Part of Art Mundo’s mission statement is to nurture artists in all stages of their career. DiTullio and her fellow clay artist, Martha Cross, were the first studio artists to set up shop five years ago in the Underground at 111 Orange Ave. Fast-forward: after earning her Masters in Studio Art Ceramics at the State University of New York, New Paltz, three years ago, DiTullio felt ready to take the plunge and open her own clay studio in downtown Fort Pierce.

Wildfire Clay Studio opened in September of 2012 and offers classes as well as studio memberships. The $95 monthly studio membership includes use of seven wheels, a slab roller, space for hand building, one bag of clay, firing, glazes and an opportunity to sell your work. Classes are for age eighteen and over and include all supplies, materials and use of equipment — you only need to bring your imagination and the desire to get your hands in the clay.

Eileen DiTullio is an accomplished clay artist and has work for sale in her gallery space at 111 Orange Avenue in Downtown Fort Pierce, and is a member of the Flametree Clay Gallery on 14th Street in Vero Beach, where her work is also for sale. Her Masters thesis was a series of hauntingly beautiful bleached coral sculptures. Eileen said the research she conducted while working on her thesis broke her heart and contributed to her being a staunch conservationist. Her love of the water and its many inhabitants is obvious in her work. She runs her business with green practices, recycling and being extremely careful about what goes down the drain.

Eileen has been teaching art for 30 years, the last fourteen years at Lincoln Park Academy in Fort Pierce and offers students and St. Lucie County school employee discounts on classes. Wildfire Clay Studio is planning an open house to sell student and member work this fall. This is one sale you won’t want to miss!

It’s No Coincidence We are at the Corner of the Renaissance — at 121 . . . Melody Lane

If you were to be rebirthed, would you want it to be in a community where you felt appreciated and energized? The Treasure Coast and especially Fort Pierce, is being reborn. The businesses, artists, residences, governances, all, are creating the renaissance. A new business, 121, is also reborn from the corner boutique on the river to a boutique tapas restaurant. Here is a comfortable place where our community can connect with each other and enjoy many unique flavors of wine, craft beers, homemade nibbles, and buy some trinkets — just for fun.

What draws us here is the energy of this river which flows right in front of our terrace. The family who is opening this place believes this diverse community wants a place to breathe the salt air, enjoy food and drink, and connect through conversation and music.

“121” is the address, new name, and theme of this place. The logo is the double drum — it is a metaphor for the unity of different drums. Starting at the end of October, there will be creative small plates and cups for healthy lunch breaks, afternoon tea socializing, happy hour mixing, and evening nibbles, right to irresistible desserts. Come in after the Farmer’s Market and have a mimosa and celebrate Saturday. The new business is a gathering place for people to come in, relax, and have a party. Or if recovering from a party, there are juice boosts to detoxify and focus you.

In this reenergized city of Fort Pierce, we appreciate the beauty of this community. Where the river meets the marketplace — we can socialize and commune with drink, food and new rituals. 121 invites everyone to come, join the family — Livia, Charlie and Emily — sit back, watch the river, and relax.
Fort Pierce Seeking Donations to Provide Holiday Spirit with Marina Square Lights and Christmas Tree

The City of Fort Pierce is seeking monetary assistance from businesses and residents with the upcoming Holiday Lights at Marina Square and Christmas Tree.

Last year, with assistance from Main Street Fort Pierce, Inc. and the generosity of others in the community, the City received donations to assist toward funding the annual holiday tradition. Sponsorship for the Christmas tree in the Downtown Roundabout is $10,000 and the 100,000 red, green and white lights and music display at Marina Square is $41,000 and runs nightly from December 2, 2012 – January 6, 2013, from 6 to 10 p.m.

“We hope the same generosity and compassion from the community will help bring joy to thousands through our annual Christmas beautifications, stated Mayor Robert Benton. Any donation will be magical in making this a joyous season.”

Donations are accepted by Main Street Fort Pierce, Inc. 772-466-3880 or the City Manager’s Office at City Hall 772-467-3034.

2012 Sights and Sounds Festival & Parade – “The 12 Days of Christmas”

by Pam Gillette

On Sunday, December 2, 2012, Main Street Fort Pierce and the Sunrise Kiwanis will kick off the 24th Annual Sights & Sounds on Second Festival and Parade in Historic Downtown Fort Pierce. Since it is 2012, what a better theme for the parade than “The 12 Days of Christmas.”

The 12 days before Christmas will be filled with plenty of preparations to make this year’s festival and parade one of the best ever. Prior to the festival, Common Ground Vineyard Church will hold an outdoor Sunday Service at 10:30 a.m. The festival begins at 1:00 p.m. and there will be a wide variety of entertainment from community groups. Jeff Brown from Clear Channel Media and Entertainment — WAVE 92.7 and OLDIES 103.7 will be playing holiday music, the arrival of Santa Claus at 1:30 p.m., food, arts and crafts and the much anticipated Christmas parade.

The Sights & Sounds Parade, sponsored by the Sunrise Kiwanis, begins at 4:30 p.m. The parade starts at Tickle Tummy Hill on Second Street. It will travel south to Orange Avenue; turn east on Orange and north on Indian River Drive concluding at the River Walk Center. This year’s Grand Marshall is the Honorable William (Bill) Dannahower, former Fort Pierce Mayor and retired local dentist.

Applications are available for the parade by calling the Main Street office at 772-466-3880 or going to our website at www.mainstreetfortpierce.org. During the parade, we are sure you will see a partridge in a pear tree, two turtle doves, three French hens, four calling birds or five golden rings on any or all floats.

Immediately following the Parade will be the lighting of the Holiday Tree. The tree is located in the roundabout at Avenue A & Indian River Drive. After the tree lighting the City of Fort Pierce will unveil “The Holiday Lights Spectacular” in the Marina Square on Melody Lane. The light show consists of over 100,000 lights synchronized to holiday music. This is a must-see for both locals and out of town guests. The lights and music will run from 6:00 to 9:00 p.m. daily until January 1, 2013. The lights are provided by the City and we appreciate donations from our generous local businesses and supporters to make this the spectacular event it has traditionally been.

“The 12 Days of Christmas” is special time and we hope you and your family will join us for a special festival and parade. For more information call Main Street Fort Pierce at 772-466-3880 or www.mainstreetfortpierce.org

Free Parking will be available at these locations:
• City Parking Garage (Orange Avenue & Depot Drive)
• County Parking Garage (2nd Street & Boston Avenue)
• Parking Lot (South Indian River Drive between Orange Avenue & Avenue A)
• Parking Lot (North Indian River Drive between AE Backus Avenue & Avenue D).
St. Anastasia Catholic School Rams Cheerleaders Active in Community

The St. Anastasia Catholic School Rams Cheerleaders have been working hard to prepare for an exciting school year. In addition to learning cheers and dance routines, the cheerleaders have been active in the community. Led by Coach Shannon Hojnowski, they participate in fundraisers and community service projects. On Sept. 29, the ladies visited Abbie Jean Russell Care Center in Fort Pierce. They spent the afternoon visiting with residents, performing cheer and dance routines and then presented each resident with a carnation graciously donated by Chaneys’s House of Flowers in downtown Fort Pierce.

Third Annual “Reflections of the Future” Art Show

by Sue Dannahower

The 3rd Annual “Reflections of the Future” Art Show will revere echoes of the past and reveal “Reflections of the Future.” This next generation art show blends painted mosaics, whimsical collage, contemporary jewelry, designer handbags and cutting edge assemblages. Local artists Anita Prentice, Ginny Pich Street, Sabre Mochachino, Deena Wynn and Saskia Fuller combine their unique talents for a two-day art show where the world of art and fashion meet seamlessly.

Celebrated mosaic artist, Anita Prentice, will bring her design to reflect the future through a series of mosaic cow skulls, cow scapes, landscapes and mirrors that convey a reflective look on the world of art.

Well-known artist, Ginny Pich Street will bring her whimsical, imaginative painted paper collages with bright colors that will be sure to catch your eye.

Chic fashion designer, Sabre Mochachino of LA/NY will be showing a line of handbags that has original prints. He has accumulated prints over the years. These unique objects identify the bags as art pieces, bringing art and fashion together.

Deena Wynne states “I am a funky outsider who never was exposed to an art class in twelve years of public education. For the last ten years I have been playing at art making.” Deena’s quirky mixed-media assemblages using found objects will delight the viewer, causing pause for thought.

Born in Germany, schooled in South Africa, Saskia Fuller started making jewelry in St. Thomas. Her international background combined with technique though a Masters Goldsmith apprenticeship pushes her to the top of her profession. Saskia bring to the gathering contemporary, clean jewelry designs.

Reflections of the Future Art Show will be held at the newly landscaped Platts/Backus House. Main Street Fort Pierce’s Platts/Backus House has a new yard complete with flowers, bushes and a proper driveway. Buy a brick or bench top and help us pave the way! We are selling engraved bricks for $100 and bench tops for $1,000.

The exhibit is free to the public and will be held at the Platts/Backus House, 122 A.E. Backus Avenue, in Historic Downtown Fort Pierce. For more information, please call us at (772) 466-3880. Artist Reception: Thursday, November 15, 5:00 to 7:30 p.m. Exhibit: Friday, November 16, 11:00 a.m. to 2:00 p.m.
Relieve Anxiety Naturally for the Holidays
by Joanne Augusto, Owner, Nutrition World

Anxiety affects every human being at least once in our life. Unfortunately some of us suffer daily from anxiety and/or stress. Stress is a part of being human but without the necessary coping skills it can create havoc on our bodies. The Center for Disease control attributes 85% of human diseases are emotionally based.

It was more than fifteen years ago when I was at a five-day health and wellness convention and I was invited to a “Kava party.” Even though I was very stressed and tired from the long day, I accepted. Upon entering I was handed a mini tea cup with a caramel colored liquid. A few minutes after drinking it I felt calm and happy. After double checking this was a safe and natural plant I had another cup. I no longer was stressed and the tiredness was replaced by an sense of well being.

In South Pacific societies where social use of kava is prevalent, users commonly experience mild euphoria characterized by elevated mood, lively speech and an increased sensitivity to sound. As a medicinal botanical, kava is reported to reduce anxiety, relax muscle tension, produce analgesic effects, act as a local anesthetic, and have a potential antibacterial benefit.

Kava has been used for more than a century as a treatment for gonorrhea, vaginitis, leucorrhoea, nocturnal incontinence and other ailments of the genitourinary tract. Kava also is said to be a diuretic, useful in the treatment of gout, bronchial congestion and rheumatism.

What is Kava used for? Its primary uses in the United States and Europe are as an anti-depressant, stress reliever and muscle relaxant. Kava also is gaining popularity as a sleep aid. In Europe, Kava is being used as a natural alternative to Prozac, Valium and Xanax. Several European countries have approved kava for the treatment of anxiety, depression, insomnia and restlessness on the basis of extensive pharmacological data and positive results in clinical trials.

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Gina’s Bake Shop Offers Treats for All

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

Picture the combination of dentistry and baking, and it will be a picture of Dr. Gina Dean, dentist, and baked goods vendor at the Downtown Farmers Market of Fort Pierce.

Gina’s Bake Shop has been a vendor since the Market’s inception. She remembers the early days when a small group of vendors met at the beginning and end of the season to learn and celebrate. The Market was, and still is, a family of vendors, but is now a bigger family and a year round event in Downtown Fort Pierce.

Growing up in a suburb of Cleveland, Ohio, Gina was surrounded by large family dinners, topped off by cakes and pies. After dental school and moving to Fort Pierce, Gina became a vendor to earn extra funds for her daughter’s school activities. “I have a passion for dentistry and baking.” says Gina. She bakes scones, biscotti, muffins, cakes, pies, cookies, tarts, rugelach, cake balls, white chocolate, bread pudding, cinnabuns and stix. At the Market, she serves a spicy Jamaican ginger iced tea and sparkling cold lemonade and coffees. “I have treats for the four-legged customers so no one is left out,” says Gina. “The pet treats are natural and people-friendly. I try to have a little something for everybody’s taste buds.” In fact, Gina has baked and decorated treats for humans and dogs for years for local pet stores and for special events in the community.

What does Gina like best about the Downtown Fort Pierce Farmers Market? “I like the great variety of vendors, the Master Gardeners and the musical groups from Jazz, Latin, Reggae and Blues.”

While the Market is year round, visit Gina’s Bake Shop from October through April, at the Downtown Farmers’ Market of Fort Pierce every Saturday from 8 a.m. to noon, at Marina Square, between the Library and the Marina. Parking is free at the city parking garage, just east of U.S. Highway 1, behind city hall. The Downtown Farmers’ Market of Fort Pierce is a Saturday Morning Tradition.
Art Mundo Plans Big Celebration at the SEAL Museum for December 1st

by Holly Theuns

Non-profits need to raise money to fund their missions and Art Mundo’s philosophy is “you may as well have fun while doing it.” Our biggest fundraiser of the year, coming up in December, is called “Calendart” and this year the gala festivities are being held at the Navy UDT SEAL Museum on Saturday, December 1, from 6 p.m. – 9 p.m.

There will be live jazz music courtesy of the Centennial High School Jazz Band, lots of yummy nibbles and noshes, plenty of wine and non-alcoholic beverages, as well as, an evening of raffles, silent auction and live auction activities. And, of course, there will be lots of art to see. It will be a great evening.

Raffle tickets are three for $25 and include one admission to the gala at the SEAL Museum on December 1st or event tickets are $25 and include 3 raffle tickets. Single raffle tickets are available for $10 each.

Tickets are available online at www.artmundo.org, at Art Mundo, Monday – Friday from 1 p.m. – 5 p.m., and from any of this year’s Calendart artists. Here’s what Art Mundo has planned for the Gala:

**Art Mundo Calendart Art Calendar Raffle Drawings** — this year’s calendars are pretty amazing. Thirty-six area artists donated original artwork created especially for these fund raising calendars. Each calendar is one-of-a-kind, with 12 different original works of art by 12 different artists. These calendars can only be yours if you hold one of the thirty-three winning raffle tickets to be drawn the night of the gala. No previews of these calendars are available — all are fabulous and each winner will receive one of the thirty-three. You need not be present to win, but you will miss a good time if you decide to stay home. All proceeds from raffle ticket sales benefit Art Mundo.

**Art Mundo Calendart Art Calendar Live Auction** — Three one-of-a-kind “Best of the Best” calendar art works were selected by a jury to create three Calendart “Best of the Best” calendars to be offered at live auction. Posters will be on display to show you exactly which artwork is included in each of the live auction calendars. The sky is the limit on bidding and it’s for a good cause — all proceeds benefit Art Mundo.

**Art Mundo Calendart Silent Auction Works of Art** — Bidding on thirty-one of the originally juried works of art began Wednesday, October 10th, at Art Mundo and will continue in Art Mundo’s Underground until days before the Gala when the art will be moved to the SEAL Museum. Silent auction

Continued on page 27…
winners will be determined at the Gala. Don’t worry — there will be plenty of warning so you can get in your last bid. You do not need to be present to win — you just have to have placed the highest bid at the close of the auction, on the art work of your choice. Fifty percent of the highest bid on each work of art goes to Art Mundo.

Art Mundo Calendar Art Artwork — Six of the original juried works of art were selected by a juror as the “Best of the Best” and there will be a live auction of these at the event. Fifty percent of the proceeds from the live auction of this art will go to Art Mundo.

Art Mundo Calendar Artist’s Show — A new art show opens the night of the Gala with 2 works of the artists’ choice by each of the thirty-six Calendar artists. Those works will be on display at the SEAL Museum until January 4, 2013. All of the work is for sale with 25% of the sale price going to Art Mundo.

Please buy some raffle tickets and help support Art Mundo’s mission of providing a place where area artists can exhibit their work, the community can take art classes and contemporary art and artists can help revitalize Fort Pierce. Art Mundo is located at 111 Orange Ave in Historic Downtown Fort Pierce. The telephone is 772-766-0021, e-mail is artmundo.org@gmail.com, and website is www.artmundo.org.

Calendar December 1st Gala Events Recap By the Numbers:
• 33 Calendar calendars awarded to winning raffle ticket holders,
• 3 “Best of the Best” Calendar calendars go to the highest bidders at live auction,
• 31 Calendar original juried art works complete a silent auction begun on October 10,
• 5 Calendar original juried art works are offered at live auction,
• 72 works of art open a Calendar Artists Show at the SEAL Museum.

Remember – all works of art in the calendars raffled and auctioned are original, not prints or copies.
Fall fishing in Our Local Waters

by Dan Dannahower

We’re well on our way into fall with its cooling temperatures and often blustery days. The cold fronts become stronger and push south of us without stalling out as they do during summer. With them come rain and winds and cloudy days and a much more frequently changing weather pattern. These changing conditions affect the feeding patterns of many local fish species resulting in some really great fishing days and others when you couldn’t catch a thing to save your life. Those equally, 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 time 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 fall turn the bite on and off more frequently and give us more opportunity to have a good day 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.

Bottom line — keep an eye on the weather and our upcoming changing conditions can provide good opportunities for a successful day fishing.

Good luck and good fishing.

Recipe Corner by Sue Dannahower

Turkey Tetrazzini

This is a great way to use up leftover turkey. The original recipe was delicious but contained too many calories for a healthy lifestyle. I lightened it up by using only white meat, fat free condensed cream of chicken soup and 2% sour cream. I generally make a full recipe and freeze half for a later date.

2 cups breast turkey, cut into chunks
8 ounces cooked whole wheat spaghetti
1 cup button mushrooms, sliced
2 cans 98 fat free condensed cream of chicken soup
2 cups light sour cream
1 cup frozen peas
½ cup Parmesan cheese

Mix all except cheese and place in 9 x 13 baking dish. Sprinkle with parmesan cheese. Bake at 350 degrees for 45 minutes. Serves 8 (325 calories per serving).

Thanksgiving Calories: White Meat vs. Dark Meat

There’s always a fight as to who gets the turkey legs at my family’s Thanksgiving dinner. Most folks don’t like the dark meat or skin but if you do, and it’s just once a year. I say go ahead and indulge! But beware you will be adding a lot of fat and calories.

I decided to find out just what the difference is between white and dark meat, skin versus no skin so you can decide what works for you. Want that slice of apple pie—ala mode? Maybe skip the skin. It’s up to you where you want to splurge and where you want to save. Me? I’m a mashed potato & gravy girl but I’m making room for a slice of Mom’s pumpkin pie!

*Calories in turkey calculated based on a 4oz serving.

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<th>White meat with skin</th>
<th>Dark meat with skin</th>
<th>Wing with skin</th>
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<tbody>
<tr>
<td>185 calories</td>
<td>206 calories</td>
<td>256 calories</td>
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<tr>
<td>1.4g saturated fat</td>
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<td>33g protein</td>
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<td>32g protein</td>
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<table>
<thead>
<tr>
<th>White meat, no skin</th>
<th>Dark meat, no skin</th>
<th>Wing, no skin</th>
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</thead>
<tbody>
<tr>
<td>158 calories</td>
<td>183 calories</td>
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<tr>
<td>.4g saturated fat</td>
<td>1.6g saturated fat</td>
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<td>34g protein</td>
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