4th Annual
Reflections of the Future
Main Street Fort Pierce  November 14

See page 16
Giving Thanks to Downtown Fort Pierce Supporters

by Beth Williams

It’s November and we all get to look forward to one of my favorite days of the year – Thanksgiving! Not only is it a great excuse to cook and eat way too much food, it’s also typically a time to be with family and friends and count our many blessings. I also like to think of it as the ‘thanks for giving’ month. We ought to be generous in our gratitude towards others all year long, but frankly, a holiday with the word “Thanks” in it is a not so subtle reminder to let others know how grateful we are. So for this edition of Focus, we’d like to say “Thanks for Giving” to some very special people in our community.

First to our wonderful staff – Doris Tillman, Pam Gillette, and Mimi Ewan – thanks for giving 100% of your talents and passion for our historic district every day. We appreciate your dedication and contagious enthusiasm for this great cause!

To our Friday Fest volunteers – thanks for giving your time each month to help with everything from set-up, to working at our booths, to cleaning up afterwards. This fantastic community event wouldn’t happen without you.

To our volunteers and committee members who are a crucial element in all of the events we produce each year, thanks for giving your time, ideas, and commitment to ensuring that all of Main Street’s programs are first class!

To our members, donors, and event sponsors, thanks for giving your financial support to Main Street which allows us to produce more than 30 free, family-friendly events each year, and promote this incredible community as one of the best places to live, work, and play.

On behalf of the entire Board of Directors, to everyone who has supported the Main Street mission for the last 25 years, thanks for giving!
November 1, Friday: Jazz Jam at the Sunrise Black Box Theatre — 7:00 to 10:00 p.m., 460-5299.

November 2, Saturday: The Tony Award Winning Musical – Hello, Dolly! — 8 p.m., Tickets $50/$45: Monday, November 4

November 5, Tuesday: The Hilarious Celebration of Women and the Change! — 8 p.m., Tickets $50/$45: Thursday, November 7

November 8, Friday: Broadway National Tour of Ring of Fire – The Music of Johnny Cash — 8 p.m., Tickets $50/$45: Saturday, November 9

November 14, Thursday: The Platts/Backus House was made of vernacular construction. Throughout the years, minimum maintenance had occurred and there was tremendous damage to the house. It was important to Main Street Fort Pierce to save the house because of its importance to our local history. A secondary goal was to restore the house because of its critical place in the historic neighborhood known as Edgartown. In March of 2006, the renovations began on the interior and exterior of the house with Greg Lewis of A.E. Backus. The goal was to restore the house because of its critical place in the historic neighborhood known as Edgartown.

The Platts/Backus House has been a labor of love for Main Street Fort Pierce. In June 2005, the Board of Directors for Main Street Fort Pierce, Inc. agreed to purchase and renovate the two-story white frame house with turretine shutters at the corner of A. E. Backus Avenue and North 2nd Street in historic downtown Fort Pierce. This house, known as the Platts/Backus House, was originally built by Fort Pierce’s first doctor, Dr. William Platts, in 1895 and was later used as the residence and studio of the late Florida landscape artist, A.E. “Beanie” Backus. The Platts/Backus House was made of vernacular construction. Throughout the years, minimum maintenance had occurred and there was tremendous damage to the house. It was important to save the house because of its importance to our local history. A secondary goal was to restore the house because of its critical place in the historic neighborhood known as Edgartown.

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house was brought back to its original state. The wainscoting and tongue and groove finishing added the historic luster and homely feeling of the house while making people feel welcome when they walked through the doors.

In August 2011, Main Street Fort Pierce, Inc. was awarded grants from the PNC/ Harbor Foundation and the Wachovia Foundation to beautify the landscape at the newly refurbished Platts/Backus House. These grants, along with donations from several community partners: the South Florida Water Management District, Bill DuMond of Land South Design, Gary Gleichman of Treasure Coast Irrigation and Landscape, Roger Priest of Treasure Coast Irrigation, and Larry Pierce of Water Management District, made it possible to begin the phase of the project – the courtyard. The courtyard funds were used to install brick pavers, a seating wall, plants, and homey feeling of the house while making people feel historic luster and homely feeling of the house while making people feel welcome when they walked through the doors.

Another partner for the project include: Dan and Anna Fuller of Fuller Armfield-Wagner Appraisal & Research, Inc. Fort Pierce Utilities Authority, Mike Brown, Sr. of Harbor Community Bank, St. Lucie County Sheriff’s Office, and the St. Lucie County IFAS Extension office. The project has stimulated others in the area to make improvements to their homes.

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Main Street Fort Pierce is proud of the renovation of this historic home. The renovation of the Platts/Backus House and courtyard took seven years and now serves as the office for the Main Street Fort Pierce organization and the entrance to the Historic Edgartown district. The house and the courtyard serve as community center for the downtown Main Street area and the project has stimulated others in the area to make improvements to their homes.

Main Street Fort Pierce was also like to recognize our neighbor, Main Street Okeechobee, on receiving their State Awards. Okeechobee Main Street received the Honor Award for Outstanding Florida Main Street New Construction Project – Center State Bank, and the Merit Award for Outstanding Florida Main Street Special Event – Top of the Lake Art Festival. Congratulations Okeechobee Main Street!

Save the Date: 25th Anniversary of Main Street Fort Pierce & 25th Annual Christmas Festival and Parade

by Sue Dannnahower

On December 8, Main Street Fort Pierce and the Sunrise Kiwanis will host the 25th Annual Sights & Sounds on Second Festival and Parade in Historic Downtown Fort Pierce. Main Street Fort Pierce and Sights & Sounds on Second Christmas Festival & Parade are both celebrating their 25th anniversary and for that reason this year’s theme is a “Silver Christmas Jubilee.”

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 Tommy 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 Marshalls will be past and present board members of Main Street Fort Pierce. If you are a past or present board member and would like to ride on the float please contact the Main Street Fort Pierce office at 772-466-3880 to get the details.

Prior to the festival, Common Ground Vineyard Church will hold an outdoor Sunday Service at 10:30 a.m. For more information or parade applications please call Main Street Fort Pierce at 772-466-3880 or visit the website at www.mainstreetfortpierce.org. More details on the festival and parade will be featured in the December Main Street Focus.

Free Parking will be available at these locations:

- City Parking Garage (Orange Avenue & Depot Drive)
- Country 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)

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Currently she is undergoing training to be a Licensed Massage Therapist and will graduate next summer.

In October of last year, Mikaela (Miki) Blankenship moved to South Hutchinson Island from Portland, Oregon to support her mother, Gail, in expanding the business. Miki graduated from Alexandria School of Scientific Therapeutics in Indiana 3 years ago and has been working in the wellness field as a Nationally Certified Massage Therapist since graduation. Her schooling specialized in massage therapy, while focusing on anatomy, physiology, the importance of nutrition and other holistic approaches to healing. Miki has completed training in Pfrimmer Deep Muscle Therapy, Reflexology, Health Coaching and an Herbal Apprenticeship.

Palm Health & Wellness is delighted to be in the downtown community and have worked hard to offer a unique space to create and obtain individual health care goals. Whether the client is already on their path to wellness or

Continued on page 10 …
Art Mundo’s 5th Annual Calendart Gala – Mark Your Calendar for December 7th

by Holly Theuns

This year’s Art Mundo Calendart Gala will be held at the National Navy UDT-SEAL Museum on North Hutchinson Island from 6:30 p.m. to 9:30 p.m. on Saturday, December 7th. It is a night of fun, food, friends and art. The silent auction of art, which started at the October Art Walk, will end at the December gala with winners taking home framed 5’ x 7’ works of original art by area artists. The live auction portion of the evening featuring local favorite auctioneer, Elton Baldy, at the mike, will include ten of the 5’ x 7’ works as well as the evening’s highlight – three highly coveted Art Mundo Calendart 2014 Calendars. Our talented judges, Janie Hinkle, Maureen Peterman and Sondra Quattrocchi, selected the best from each artist’s body of work. Those “best of” picks were combined into three live auction calendars.

Thirty-three of the 2014 Calendars, which each include 12 different incredible original works of art by 12 area artists will also be raffled off throughout the evening. If all of that isn’t enough, the SEAL Museum hosts an art exhibit of work by the 2014 Calendartists through January 2, 2014, so you are literally surrounded by the art of area artists all evening long. I get goose bumps just thinking about it!

Palm Health & Wellness looks forward to serving the community! Call to schedule your personalized Healthy Living Consult. Palm Health & Wellness is located at 208 Avenue E in Fort Pierce, phone 772-801-5584, website: www.phw.managemetherapy.com.

Calendart is Art Mundo’s biggest fund raiser of the year and it began five years ago as the brainchild of Ginny Piech Street, an Art Mundo founder. It has grown since that first year. This year, 36 artists were selected from the field of entries to be 2014 “calendartists.” Each of those artists has donated 12 original 5’ x 7’ works of art. Do the math – 36 artists’ times 12 works of art equals an impressive 432 original works of art. Only 36 calendars will be produced; each with 12 original works of art by 12 different artists. What a way to start your own mini art collection.

Here are the answers to the most important questions: how to buy raffle tickets and how to get an admission ticket to the gala. Raffle tickets will be for sale at Art Mundo on Art Walk, November 13th, from 5:00 p.m. to 8:00 p.m., and are available in the Art Mundo office during office hours and from any of the “calendartists.” Tickets are three for $25 and include entry for one person to the gala on December 7th at the SEAL Museum. Single tickets are also available for $5 each. The single ticket gets you one chance to win a Calendar but no entry to the gala, however, you do not need to be present to win.

Art Mundo’s goal is to create a place of comfort and serenity for their clients. They want to help you take control of your body and to be responsible for your health. Palm Health & Wellness offers customized care to fit individual needs of the client and home care is still offered for clients who prefer the comfort of their own home.

The 36 “calendartists” who generously donated their work to create Art Mundo’s 2014 Calendart Calendars are: Adel Alamo, Lisa Jill Allison, Lillian Anderson, Erin Barbeau, Anita Barnesville, Charles Blake, Marcy Brennan, Judy Coffman, Kelly Corso, Martha Cross, Debi Crouse, Ginny Fairella, Elise Geary, Inca Laun, Julie Lounibos, Georgina Love, Doug Macon, Gwen McNenney, Marilyn Mead, Jacqueline Minnich, Robin Moran, Anita Moser, Heather Pastor, Ginny Piech Street, Anita Prentice, MarSea Purdy, Kate Rostindo, Tracie and Ethel Rowland, Crystal Samuel, Jenny and Gerry Shibona, Leslie Stokes, Judith Sturt, Holly Theuns, Christine Thomas, Deena Wynne and Jay Yoshikawa. Among the media used to create the original calendar art are acrylics, quilling, oil, fiber arts, markers, photography, wood burning, water color, gyotaku, bead embroidery, screen printing and mixed media. There are only going to be a total of 36 calendars created for 2014 and there are only two ways to get an Art Mundo Calendart Calendar to hang in your home or office: $10 Buy a winning raffle ticket and take home one of the 33 calendars to be raffled off; or, $50 Bid on one of three calendars to be auctioned off at the Calendart Gala on December 7th.

Come out, have a good time and help Art Mundo raise funds to continue our work in the community. Join us for Art Walk on Wednesday, November 13th from 5:00 p.m. to 8:00 p.m. In addition to food, fun and friends, you can buy raffle tickets from and meet the Calendart Artists. Hope to see you there!

About Art Mundo: The Art Mundo Center for Creative Expression, a not-for-profit, community arts education organization, is located 111 Orange Avenue in Historic Downtown Ft. Pierce. We share a repurposed bank building with 40 studio artists. The Center is open Monday through Friday from 1 p.m. to 5 p.m. and Saturday from 10 a.m. to 1 p.m. Please visit our website www.artmundo.org to find out about upcoming shows, calls to artists, classes and special events. Our phone number is 772-466-1010.
Wanda & Glenn Sapp Head for the Mountains
by Pam Gillette

Wanda and Glenn Sapp have been part of Fort Pierce for most of their lives. Wanda was born here while Glenn moved here when he was 10 years old. Wanda has worked in the banking business for over 30 years and Glenn was with the St. Lucie County Fire Department for 33 years. They have 5 children between them: Aolani, Hannah, Kaylin, Ryan & Shane.

Both Wanda & Glenn have been very active in the community and huge supporters of Main Street Fort Pierce. Wanda’s love for historic preservation was the main reason she joined the Board of Main Street Fort Pierce in 2005. Helping Main Street at Friday Fest, art shows, meetings and wherever they are needed during events. “The MSFP Board has been such a pleasure to work with — everyone works as a team. I think that starts from the leader, Doris. She has been such a blessing for Fort Pierce and Main Street,” says Wanda.

Wanda and Glenn retired in August 2013 and have moved to their home in North Carolina. They are enjoying the simple things that life holds for them and the beauty of the mountains. But don’t worry, Wanda says that Fort Pierce will always be their home and with all of their children in Fort Pierce they will be back regularly to visit. Main Street Fort Pierce would like to thank Wanda and Glenn for their years of service to Main Street and wish them much happiness in their retirement.
Sunrise Nutrition Studio Open in Downtown Fort Pierce

by Pam Gillette

Everyone is different, but one thing is the same: we need to strive to be healthier in our lives and make better choices so we can live longer for ourselves, families and friends. So how do we begin? Tracy Fisher owner of Sunrise Nutrition Studio is here to help us take that first step and make our lives better.

Tracy Fisher is originally from Connecticut but has lived on the Treasure Coast most of her life. Tracy was working in the restaurant industry when she realized that her passion was to make people healthy and happy. Her mother was diagnosed with diabetics and passed away a year and a half ago. Her passing was a painful loss to Tracy, but also a wake up call to her as well. She stopped her current job, moved to Fort Pierce and changed the course of her life to help people live a healthy active lifestyle.

Tracy graduated from the Institute of Integrative Nutrition as a certified Holistic Health Coach. In August of 2013, she opened Sunrise Nutrition Studio at 131 Melody Lane in Fort Pierce. Sunrise Nutrition Studio is a private club but they are open to the public. Tracy’s passionate approach is to teach everyone to make better lifestyle choices through wellness coaching, better diets and exercise.

Sunrise Nutrition Studio offers wellness evaluations, metabolic age analysis, lean body mass index, hydration readings and diet choices. Tracy says, “When you give your body what it needs, your body knows what to do with it and it will heal itself”.

Sunrise Nutrition Studio is offering monthly Free Fit Camps. The Free Fit Camps include: Starting Fitness Evaluation, 12 classes of physical exercises, coaching for all fitness levels, nutrition education, and prizes for the winners. Also available are in-office workplace challenges and nutrition parties.

Sunrise Nutrition Studio offers a shake bar and a beautiful lounging area to meet your friends and support each other in reaching your goals. Tracy wants you to stop by and see what she can do to help you get on the road to a healthier lifestyle. To find out more about the free fit camps, nutrition parties or to register for personal evaluation or a class, call Tracy at 772-323-7613.
**Reflections of the Future – Art Show Featuring Emerging Artists**

by Sue Dannahower

*Reflections of the Future* is an art show for the next generation. The art show blends painted mosaics, whimsical collages, contemporary jewelry, repurposed found objects and blown glass works of art. Local artists Anita Prentice, Ginny Piech Street, and Saskia Fuller, along with emerging artists Janet Fuller and Jonathan Werksman combine their unique talents for a two-day art show that will focus on the *Reflections of the Future*.

Celebrated mosaic artist Anita Prentice will bring to the show her mosaic landscapes and florals. Each piece will convey a reflective look on the world of art through her mosaic designs. Anita Prentice is well known in Fort Pierce and the Treasure Coast. As you drive through the city you will see her beautiful mosaic benches, Beanie Backus’ bathtub at the Beanie Backus’ bathtub at the Platts/Backus House, the Intermodal Transit Station on Avenue D, Chuck’s Seafood building, and the butterfly mural at the Port St. Lucie Botanical Gardens.

Well-known artist, Ginny Piech Street, will be showing her whimsical painted paper collages; the bright colors will catch the eye. Ginny is one of the founders of *Art Reflections of the Future* – Art Show Featuring Emerging Artists by Sue Dannahower

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Focus on the Farmers Market

by Keith Lustig

Carbonated water (also known as, club soda, soda water, sparkling water, and fizzy water) is water into which carbon dioxide gas under pressure has been dissolved. This process, commonly known as carbonation, causes the water to become effervescent. Carbonated water is the defining ingredient in carbonated soft drinks.

In 1767, Joseph Priestley invented carbonated water when he suspended a bowl of water above a beer vat at a local brewery in Leeds, England. The air blanketing the fermenting beer—called “fixed air”—was known to kill mice. However, he discovered that water treated this way had a pleasant taste and offered it to his friends and guests as a refreshing beverage.

In the late eighteenth century, J.J. Schweppve developed a process to manufacture this seltzer water based on Priestley’s process. He founded the Schweppes Company in 1783. Carbonated water eventually reached China in 1882 and achieved worldwide popularity.

Now Fort Pierce has its own seltzer water distributor. Treasure Coast Seltzer Works began making deliveries to ten customers on February 1, 2012. The company has grown rapidly since. The owner, Ryan (aka The Seltzer Man) has recreated the nearly extinct business based on history books. Ryan realized that the bottles in Europe never lost their fizz. He attributed this to the siphon bottle they used. Not only that, the distribution system used there was simple, cost effective, and 100% green with no bottles going into landfills.

The Seltzer Man also found that home delivery of the product was common until the 1950s. Currently there are only four siphon seltzer bottling companies left in the United States. All four of these are using 20th century manufacturing techniques. Ryan set out on a quest to reinvent the simplicity of having fresh, carbonated water delivered to your door. Treasure Coast Seltzer Works has developed a new siphon bottle that is BPA free, keeps its carbonation, and nothing ends up at the landfill.

The fresh quality of his product along with fabulous customer service brings back days gone by. During the depression, “two cents plain” (no flavoring added) could be heard at soda fountains everywhere, as carbonated water was the cheapest drink in town. It was in the 1950s that terms such as sparkling water and seltzer water came in to vogue. Today, it is still a healthy and fun way to refresh yourself and your guests. It is limited only to your imagination of what to mix with it, or you can just enjoy it plain.

Stop by and see Ryan on Saturday mornings at the Downtown Main Street Fort Pierce Farmers Market. Put a little fizz in your day!
Varsity Sport Shop Has New Owner in Downtown Fort Pierce

by Linda Wilson

A “fresh face” and “fresh style” but the same great service awaits you at Varsity Sport Shop located at 211 Orange Ave. in Downtown Fort Pierce. Fort Pierce native Kristina Yavorsky Gibbons purchased the Varsity Sport Shop from long time friend Mike Picano, Jr. in August 2013.

Kristina Yavorsky Gibbons is a graduate of Shepherd University in West Virginia. She has been married for 11 years to Derrick Gibbons (also a graduate of Shepherd) and they have a 1-1/2 year old daughter named Kate. Kristina was working for corporate America when she realized that she was losing her spirit and she was not where she wanted to be in her life. That was when she decided to make a change.

Kristina always wanted to own her own business. On a trip to the Farmer's Market one Saturday, she stopped by Varsity Sport Shop to visit her friend and found out the shop was for sale. Mike Picano, Jr., the long time owner of Varsity Sport Shop wanted to relocate to Boston to be near his family. After thinking about it for a short time, Kristina realized this was the perfect fit and contacted Mike to tell him she’d like to buy it.

Kristina believes “This is just the passing of a torch and the tradition of Varsity Sport Shop will continue.” She said the shop will remain the same with custom trophies, plaques, company badges, nameplates, doorplates and awards. They will continue to do custom embroidery t-shirts, jackets, and uniforms for all team sports and schools. Varsity currently carries sports apparel and accessories and has recently added some new items from the Flipped Bird such as hair ties and bags and Thera Pearl, a hot and cold therapy wrap. Kristina is looking forward to seeing old friends and meeting new ones. So come on in and meet the new owner of the Varsity Sport Shop, Kristina Yavorsky Gibbons.

Varsity Sport Shop is open Monday through Friday from 9:00 a.m. to 5:00 p.m., Saturday 9:00 a.m. to 2:00 p.m and is closed on Sundays. You can check out the website at www.varsiysportschop.com or call the shop at 772-465-1396.

And the Winners … Mel Liebman and Shiela Soler

4th Annual Dancing with our P.A.L.s

There was only one winner and Mel Liebman’s performance clinched the title as the winner of the 4th Annual Dancing with our P.A.L.s.

When Liebman and Shiela Soler, his professional partner, capped off their freestyle dance performance with “the wobble,” a popular line dance, the audience went crazy with cheers and applause. Some audience members even joined in from their seats. Many of the dance steps involve moving the hips and Liebman seemed to have mastered that very well.

Liebman received the highest score among eight couples vying to take home the winner’s mirror ball. This was Soler’s second win as a professional partner. The event is the premier fundraiser for the Fort Pierce Police Athletic League and this year the dancers raised more than $55,000 in sponsorships, donations and ticket sales.

Three dance teams were the top fund raisers, each raising more than $10,000. The dance teams were Misty Gaddis and William Figueroa, Mel Liebman and Shiela Soler, and Tony Loupe and Lisa Johns-Grose.

Competing in front of a live audience and a distinguished panel of judges on Saturday, September 21, at the Sunrise Theatre in downtown Fort Pierce, the teams prepared entertaining dances with creative story lines choreographed to upbeat music.

The other teams competing were: Tia Ashton and Craig Galvin, Rob Curry and Megan Acosta, Kate Carrone and Kevin Payne, Marie Davi and Manolo Soler, and Daniel Lee and Kristin Vennos.

While members of PALS’ ballet program stole the hearts of the audience, members of PALS’ singing girl group, RKM2, wowed the audience with their rendition of Bruno Mars’ Treasure during the pre-show entertainment.

For nearly two decades, Fort Pierce PAL has provided a host of intervention, prevention, and alternative programs for at-risk and economically challenged youth in our community. All proceeds will benefit the nearly 1,000 youth annually that PAL now services with several after-school and summer activities including boxing, arts and crafts, drama and dance, and youth development.

The Fort Pierce PAL accepts donations year round. If you would like to show your support, donations can be sent to the PAL Center, 903 S 21st Street, Fort Pierce, FL 34950, or you can volunteer by contacting 772-466-0606.
Fort Pierce Mayor Linda Hudson Announces Golden Hammer Award and Neighborhood Gems Award Winners

City of Fort Pierce Mayor, Linda Hudson, announced the winners of the Mayor’s Golden Hammer Award on Friday, September 20, at the monthly Coffee with the Mayor.

The Award recognizes the efforts of residents and business owners in the Fort Pierce community that have significantly improved their home or business with new construction or rehabilitation efforts. The Golden Hammer Award is presented in March and September. Nomination forms are available in the Mayor’s Office at City Hall or the City’s website http://www.cityoffortpierce.com/pdf/goldenhammer.pdf.

The award is sponsored by East Coast Lumber and Supply Company. Each category winner receives a $100 gift certificate from the sponsor and a sign displayed in front of their home or business. Winners are:

Matthew & Crystal Samuel – Residential Improvement at 806 Boston Avenue.
Jon & Stacey Harris – New Construction at 1526 Thumbpoint Drive.
Pine Creek Village Apartments – Commercial Renovation at 1112 N. 29th Street.

At Coffee with the Mayor on October 18, Mayor Hudson and the committee for Keep Fort Pierce Beautiful presented a new award for people who are taking pride in their homes. The award is called the Neighborhood Gems Award – sponsored by Keep Fort Pierce Beautiful.

The winners of the awards for October were:
Ceola B. and Cassandra Kitt at 1617 Avenue O in Fort Pierce, and Norman A. and Eva M. Laing at 3110 Hibiscus Avenue in Fort Pierce.

WM Sponsors CWM to promote the Waste Management and the City of Fort Pierce Single Stream Recycling Program

Mike Reals Public Works Manager, Doris Tillman Main Street Fort Pierce, Jeff Sabin Waste Management, Teresa Chandler Waste Management, City of Fort Pierce Mayor Linda Hudson, Tony Bishop Waste Management.

Mike Harpole District Manager Wells Fargo Bank Treasure Coast FL presents a check to Doris Tillman Main Street Fort Pierce Manager for improvement to Historic City Hall at Coffee with the Mayor.

Mayor’s Golden Hammer Award winners: 806 Boston Ave. (l.), 1526 Thumbpoint Dr. (m.), and 1112 N. 29th Street (r.).

Neighborhood Gems Award winners Norman & Eva Laing (l.) and Ceola & Cassandra Kitt (r.).

Pierce the Pelican and Mike Reals Public Works Manager.
I love the holidays, especially in Florida. We can look forward to some cool days and a few chilly nights. Unfortunately for some, these months bring stress, anxiety and an extra 10 pounds! I would like to share with you tips to stay healthy and stress-free this holiday season.

Go to bed early. Studies have shown even missing ten minutes of your normal average sleep can lower your immune system.

Turn off the negative social media. Especially in the evening. Try comedy shows instead.

Take three, two-minute breathing breaks. Deep breathing thru your nose can enhance immunity, cleanse your lymph system and relax your body. Studies have shown that if you suffer from panic attacks doing a 5 second breath in, hold for three and exhale for 5 can help tremendously. (Turn off your phone)

Start using a mini rebounder or trampoline. So easy to use, moves your lymphatic fluid and with the right music can really lift your spirits.

Do not skip meals. Many nutritionists argue about what to eat but never about the fact you HAVE to eat! Protein shakes are great while getting ready for parties. Keeps you focused so your not snacking on all the sugary foods.

Begin your day with water. Squeeze lemon or lime into 8 oz. At the end of each day you should have consumed at least 64 oz of water. I find it easiest to have 6-8 oz every waking hour. It takes off the pressure to the bladder and your body won’t get dehydrated.

Consume at least one super food / supplement a day. Try a green drink (Garden of Life makes one that tastes like apples, it’s amazing). We do not consume enough nourishing and alkalinizing veggies each day. There are a few companies that make non-GMO healthy shakes that have probiotics, enzymes and super foods to give you energy all day and nutrients to keep your immune system up.

Last but not least, be thankful. Keep a gratitude journal. It relieves stress and helps you focus on the positive.

Nutrition World is located at 200 N. 2nd Street in Fort Pierce, 772-464-3598.
Fishing Update: Good Fishing Will Be Getting Even Better
by Dan Dannahower

The weather continues to be a primary factor for Treasure Coast fishermen, especially for those who want to venture offshore. As of this writing we’re still in the cycle of fronts pushing through from the north bringing with them windy choppy conditions. Ocean conditions and wave heights are constantly changing, demanding a careful check before venturing outside.

There are nice days mixed with the bad and the action has been reasonably good on both top water and bottom fishing. Mixed catches of cobia, wahoo, kingfish, and some sailfish have been reported over the last month or so. Bottom fishermen are reporting a good grouper bite on the deeper reefs and the snapper action is picking up, typical for this time of year. Closer in there are still schools of bluefish and mackerel around the inshore reefs.

Fishing the lagoon has been good with a variety of species being reported every week. Trout fishing on the flats has picked up with a number of nice catches on live shrimp and soft plastic baits. A few redfish are being taken, mostly to our north but they are very spooky of any boat noise. Sheepshead are abundant near any structure like pilings and bridges. Snook are on and off in the turning basin and a few grouper are still being caught in the turning basin and inlet. Jacks and ladyfish are still to be found just about anywhere you might fish.

Seems there’s something for just about every type of fisherman thanks to the great diversity of our Indian River Lagoon right here on our front doorstep. Remember you need a license to fish from a boat and many species have bag limits and/or size limits. By the time this goes to press we should be getting into what many consider the nicest weather of the year with lots of glassy days on the river and flat seas to encourage you to get out and “wet a line”. Good luck and good fishing.

Recipe Corner
by Sue Dannahower

I love cauliflower. Packed with rich nutrients, cauliflower is one of the commonly used flower-vegetable. It has a similar nutritional value as broccoli and cabbage. The flower heads contain numerous health benefiting nutrients that help prevent prostate, ovarian and cervical cancers.

Here are two very yummy recipes I picked up from potluck dinners. Sara Johnson of TLC Experts made the Cauliflower Gratin. It is wickedly delicious! The Vegetable Casserole is from a Denver potluck. Either would make a wonderful accompaniment to your Thanksgiving Turkey.

Cauliflower Gratin

1 (3-pound) head cauliflower, cut into large florets
Kosher salt
4 tablespoons (1/2 stick) unsalted butter, divided
3 tablespoons all-purpose flour
2 cups hot milk
1/2 teaspoon freshly ground black pepper
1/4 teaspoon grated nutmeg
3/4 cup freshly grated Gruyere, divided
1/2 cup freshly grated Parmesan
1/4 cup fresh bread crumbs

Preheat the oven to 375 degrees F.
Cook the cauliflower florets in a large pot of boiling salted water for 5 to 6 minutes, until tender but still firm. Drain.

Meanwhile, melt 2 tablespoons of the butter in a medium saucepan over low heat. Add the flour, stirring constantly with a wooden spoon for 2 minutes. Pour the hot milk into the butter-flour mixture and stir until it comes to a boil. Boil, whisking constantly, for 1 minute, or until thickened. Off the heat, add 1 teaspoon of salt, the pepper, nutmeg, 1/2 cup of the Gruyere, and the Parmesan.

Pour 1/3 of the sauce on the bottom of an 8 by 11 by 2-inch baking dish. Place the drained cauliflower on top and then spread the rest of the sauce evenly on top. Combine the bread crumbs with the remaining 1/4-cup of Gruyere and sprinkle on top. Melt the remaining 2 tablespoons of butter and drizzle over the gratin. Sprinkle with salt and pepper. Bake for 25 to 30 minutes, until the top is browned. Serve hot or at room temperature.

Serves 12.

Vegetable Casserole

1 head cauliflower, cut into flowerets
1 head broccoli, cut into flowerets
1 small bag of baby carrots, whole
1 1/2 cups sour cream
1 cup mayonnaise
1 1/2 cups cheddar cheese, shredded
1/2 cup milk
1 large can of French fried onion rings

Cook the vegetables until just tender. Drain and set aside. In a large bowl mix sour cream, mayonnaise, cheddar cheese and milk. Add in vegetables and mix until well coated. Place in a oven-proof casserole. Top with French Fried Onion Rings. Bake 350 ° for 30 to 45 minutes or until onion rings are browned and the casserole is heated through.

Serves 12.
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