A Cannon for the Fort!

John Brandon, Dan Porter, and Matthew Samuel with the cannon at Fisherman’s Wharf after the successful recovery.
To most of us, Labor Day means two things — a day off and the end of summer. Labor Day honors the American labor movement and the contributions that workers have made to the strength, prosperity and well-being of the country.

Labor Day weekend is considered the unofficial end of summer in the United States. The three-day Labor Day weekend can be a great opportunity to step out, recharge your batteries and spend some quality time with your family … and an opportunity to enjoy the many attractions and activities Fort Pierce and St. Lucie County has to offer. Here are some great ideas:

**Activities** — Salty’s Water Sports, Beach Tours on Horseback, Dolphin Watch, Saturday Downtown Farmers Market, Summer Crush Vineyard & Winery, Pierced Ciderworks, and Sailfish Brewing Company.


Fort Pierce has numerous beaches, golf courses, fishing charters and more! So, have fun in the sun, remember your hat and sun screen, stay local and enjoyment your last long summer weekend.

Don’t forget to shop in Historic Downtown Fort Pierce! I shop local, I hope you will too!

---

**Labor Day Fun in Fort Pierce**

**by Sue Dannahower**

We most of us, Labor Day means two things — a day off and the end of summer. Labor Day honors the American labor movement and the contributions that workers have made to the strength, prosperity and well-being of the country. Labor Day weekend is considered the unofficial end of summer in the United States.

The three-day Labor Day weekend can be a great opportunity to step out, recharge your batteries and spend some quality time with your family … and an opportunity to enjoy the many attractions and activities Fort Pierce and St. Lucie County has to offer. Here are some great ideas:

**Activities** — Salty’s Water Sports, Beach Tours on Horseback, Dolphin Watch, Saturday Downtown Farmers Market, Summer Crush Vineyard & Winery, Pierced Ciderworks, and Sailfish Brewing Company.


Fort Pierce has numerous beaches, golf courses, fishing charters and more! So, have fun in the sun, remember your hat and sun screen, stay local and enjoy your last long summer weekend.

Don’t forget to shop in Historic Downtown Fort Pierce! I shop local, I hope you will too!
St. Andrew’s Episcopal Academy to Host Square Knot Fishing Rodeo Tournament on September 15th

When St. Andrew’s Episcopal Academy decided to host a fishing tournament fundraiser, they called in the experts to help plan it. On September 15th, St. Andrew’s will host the Square Knot Fishing Rodeo at Causeway Cove Marina. Thanks to the expertise of Freedom Boat Club, the U.S. Coast Guard Station in Fort Pierce and Mark & Carol Berggren, this offshore and inshore competition will be a great day for anglers and families.

Starting at 5:00 a.m., offshore anglers can go for dolphin, wahoo and kingfish, while their inshore counterparts will fish for snook, trout and redfish. Weigh-in will start at 1:00 p.m. and end at 3:00 p.m. Those who won’t be on a vessel can enjoy locally sourced food, music, family activities and a variety of vendors at the marina. There will be several raffles, a 50/50, along with cash prizes for the winners of the competition.

All proceeds from this event support St. Andrew’s Episcopal Academy scholarships, Indian River Lagoon environmental education projects, classroom enhancements and S.T.E.A.M.

City of Fort Pierce Seeks Public Input for Redevelopment of Former H.D. King Plant Site

The City of Fort Pierce invites you to share your vision for the future of Downtown Fort Pierce.

Let us know how you would like to see the former H.D. King Power Plant site developed by taking a brief online survey at the following link: https://www.surveymonkey.com/s/ 

It takes approximately five minutes to complete and will be open until Friday, September 21. Paper surveys are also available at City Hall.

In an effort to offer additional engagement opportunities with the community, the City of Fort Pierce is hosting six pop-up community input booths at local events to educate the public on this project and garner new ideas.

Join us at a pop-up event near you:

- September 1 at Farmers Market, Downtown Fort Pierce
- September 7 at Lincoln Park Business Expo, 2902 Avenue D, Fort Pierce
- September 7 at Friday Fest, Downtown Fort Pierce
- September 15 at Firefighter Combat Challenge, Manatee Center

The information gathered from the online survey and the pop-up sessions will be used to generate the Request for Qualifications and Proposals to market the site for development.

Please contact the City Manager’s Office for more information at 772-465-4170.
The Seven Gables House

by Britt Anderson

The Seven Gables House, which is owned by the City of Ft. Pierce and operated by the St. Lucie Chamber of Commerce with its staff and a team of volunteers, celebrated a grand reopening on the 30th of July. This celebration marks the elevation of services to the public at the Seven Gables House. From now on, the Chamber will be able to book activities in Ft. Pierce and St. Lucie County for tourists and locals alike.

The Seven Gables House is the only visitor information center in St Lucie County and is located in downtown Ft. Pierce. This increase in service allows both visitors and locals to conveniently book activities and excursions anywhere in the county while at the Seven Gables House or by phoning them. As always, the Seven Gables House will continue to provide free information on things to do, where to eat, parks and trails, local magazines, current activities, festivals and fairs. The Seven Gables House now has a gift shop as well. The ability to come in and check out the brochures and book an activity at the same time is a big step. St. Lucie County Chamber of Commerce President, Teresa Aronson, is excited about the project and hopes that it will serve as a benefit in the promotion of both downtown Ft. Pierce and St. Lucie County. Some of the activities can also be booked at a discount, so there is even more incentive to use the Seven Gables House as a valuable resource.

The Seven Gables House was built in 1905, four years after the town was incorporated and became the County Seat of the newly formed St. Lucie County. It was originally located at the corner of Avenue F and North 4th Street (now U.S. 1). It has “lived” many lives over the years. Its original owners have not yet been discovered but it has been the host to several families, a brothel during WWII and a taxidermist shop. It was donated to the City of Ft. Pierce in 1997 by the owner of the taxidermist shop and was moved to its present location in 1998. It has operated as a visitor information center by the St. Lucie County Chamber of Commerce ever since.

In addition to staff, which will book a chosen activity, there is a group of loyal and knowledgeable volunteers who can provide more detail on the house’s inhabitants, the building itself and its history. Period furniture and photos cover the walls. There are a couple of chairs on the covered porch to rest one’s weary bones or wait while one of your party uses the restrooms (open only during operating hours and are well maintained).

The Seven Gables House is located at 482 N. Indian River Drive from Tuesdays through Fridays from 10 a.m. to 4:30 p.m. and on Saturday from 10 a.m. to 4 p.m. They can also be reached by phone at 772-468-9152.

Coco’s Gift Shop

by Britt Anderson

I admit to a bias. I’ve traveled a fair amount and usually avoid “gift shops” as tourist traps. So when I went to interview the owner, Kelly Persad, of Coco’s Gift Shop, I had preconceived notions. However, Kelly disabused me of my prejudices. Not only is she energetic and enthused, she is devoted to bringing arts and crafts of Ft. Pierce and its environment to those who come here and realize what a wonderful world we live in.

Kelly and her family moved here from Trinidad 20 years ago. She is an IRSC graduate and is still continuing her studies in the field of nursing. When she can’t be at Coco’s, her brother is, so this is really a family business of helping each other out and of telling the story of why they love Ft. Pierce. Kelly does this by meeting with local artists and specifically picking out all the pieces she shows which include sea breeze scents, jewelry, frames, wall art, photography, bags, nautical gifts, local art work and fun “beachy” items. She wants our guests to really take home a piece of authentic Ft. Pierce.

That doesn’t mean that you can’t find the perfect hostess gift or a gift for any friend or member of your family at Coco’s as well.

Kelly and Coco’s Gift Shop truly reflect the best of Ft. Pierce and all of us should support that. Coco’s Gift Shop is located on the second floor of the Galleria Building, 100 S. 2nd Street at the corner of 2nd and Orange Avenue, in downtown Ft. Pierce. It’s open Monday through Thursday from 11 a.m. to 7 p.m. and Friday and Saturday from 11 a.m. to 8 p.m. You can reach her at 772-528-0805 or check her at hkpersad@yahoo.com. But stop in or take look before or after your brunch or dinner at Rooster In The Garden. You’ll be pleasantly surprised.
Initially Yours, the ABCs of Making It Personal
by Debra Magrann

If you're in the market for customized gifts, you will find an abundance of items available and ready for mono-
gramming at the newest Second Street shop, Initially Yours, a Personalized Boutique in the Raulerson Building.

The doors to the 1,200 sq. ft. boutique opened in August and owner Dixie Ball couldn’t be more pleased. Scouting a location for her retail site, Ball chose the downtown Fort Pierce location — even though she and her husband, Billy, are residents of Okeechobee.

“I retired from a 29-year career as an elementary school educator, teaching first and second graders,” she says. For the past three years, she has served as an elected official on the Okeechobee School Board as vice-chair. “Being on the school board is a huge responsibility.”

During the summer, in the midst of campaigning for a fourth term, Dixie took the plunge and opened the store. “There were a few locations available and Christine Coke had two that fit my concept,” Dixie replies. With a nod from Lisa Widden, also a resident of Okeechobee, Ball secured a one-year lease. “I bought the business from Lisa.”

Ball and Widden are contemporary pioneers, adventuring beyond their borders. Encouraged by her aunt, Debbie Wright, who has been a cheerleader and assisting where needed, Dixie learned the ropes from Widden who will be working alongside her through Christmas. “I hope that people from Okeechobee will continue to do business with Dixie,” says Widden. “I also hope the core customers stay. I am glad Dixie is carrying on my business. I wish her the best.”
Hurricane Season, Part II
by Brit Anderson

In the June issue of Focus I wrote an article entitled “Hurricane Reflections,” which, in part, listed the lessons which I have learned as to what you can do to prepare yourself, your family and your property for the upcoming hurricane season. It seemed only appropriate to follow up with an article that speaks to what needs to be done once a hurricane has hit and you are faced with dealing with the reality left behind. This won’t be exhaustive, but it should provide you with some ideas on how to start.

1. First on anyone’s list is, are you and your family safe? Do you need medical assistance? The Red Cross (772-672-8802) or their Red Cross Emergency App, which can be downloaded for free, is probably your first call to action. You can also check www.redcross.org for more information. Whether you have physical injuries, need medication or items such as oxygen or other devices, this is the call to make. If you know of neighbors who have medical needs, try to contact them. Emergency help will be organized as a first priority.

2. Check your immediate surroundings. Is your property habitable? Do you need to find shelter for the days ahead? While you are checking this is a good time to take your camera or phone and take pictures of any damage. Check your pets and other devices, this is the call to make. If you know of neighbors who have medical needs, try to contact them. Emergency help will be organized as a first priority.

3. FEMA only comes into the picture if a national disaster has been declared. This may or may not be the case in all hurricane situations. FEMA is concerned with property damage, but if the damage is truly severe and widespread, FEMA will reach out and coordinate with other community services. These services really rely on volunteers. This includes people who are providing food, helping with shelters and trying to make sense of the community needs in frustrating circumstances. FEMA personnel will canvas the areas in question and will set up sites of the community needs in frustrating circumstances. FEMA services really rely on volunteers. This includes people who are providing food, helping with shelters and trying to make sense of the community needs in frustrating circumstances. FEMA personnel will canvas the areas in question and will set up sites.

4. If you do not need to seek shelter and everyone is medically okay, it’s time to sort out your property, clean up the yard, and assess damage to your possessions and property. If you still have power, you’re fortunate. If not, and you have a generator, now is the time to fire it up, following all the manufacturer’s instructions. Remember, you don’t want to create additional

INITIALLY YOURS … continued from page 9

The relocation of the business to Fort Pierce left an impression in the community. “It was a big disappointment that she (Lisa) closed. But there are four monogramming stores left in Okeechobee.”

Dixie’s main encouragement comes from husband Billy. “The investment was a joint decision, with hours of labor on his part, getting the shop designed and built out,” she says. Not a sit-still kind of gal, Ball is most comfortable with structure and routine which makes for a very savvy business woman. Crafty and creative, she is a sewer and a maker, enjoying her new endeavor.

Also an educator, Billy began his career as a PE instructor while earning a master’s degree in administration. He served as a principle for 13 years at Everglades Elementary and is currently teaching PE at South Elementary in Okeechobee. Dixie says he’s like a new man since returning to physical education.

As new supporters of Main Street, the Balls donated to the Reverse Raffle fundraiser and attended the event. Commuters and once-a-week condo dwellers, the couple likes to have dinner in town after work at one of the many eateries in the area.

Getting a sure footing in town makes the transition easy. “Everyone downtown has been so supportive and helpful,” she adds. “They have been very welcoming.” A few of those fellow retailers popping in were from Notions and Potions. “The gals there have guided me along the way,” Ball says. “We’re a family-oriented community,” says Beryl Muise, owner of the local artisan boutique, “and the business owners here work together toward success.”

Shoppers will enjoy this unique boutique with its clean and bright, eye-candy sorbet colors. There is a variety of added-value services that are included with each item purchased, from monogramming to color selection and brand identity; vinyl designs on t-shirts or vinyl stickers that complement Yeti, Corkcicle and Seriously Ice Cold tumblers.

Stylish tropical attire includes brightly colored floppy beach hats that shade your eyes with a protective shadowiness, clutch bags, shoes, silky robes and boating gear, too — duffle bags and lunchboxes. You can personalize bathing suits and coverups, rompers, dresses and dress shirts made in an assortment of fabrics: blends and vapor (wicking), knits and cotton-blend fabrics. For customer convenience, a dressing room is available. Prices are reasonable with most carry-all and clothing under $50. A grab-and-go item is a bargain at $5 for a custom vinyl sticker on a cup in assorted colors and styles. Market baskets with a sturdy metal frame are perfect for the Fort Pierce Farmer’s Market.

There are items for everyone in the family, and gifts for special occasions like birthdays, baby showers, weddings, anniversaries and girlfriend gifting. Merchandise like cloth backpacks comes in hip, contemporary designs. And don’t forget the holidays! Seasonal holiday items will be arriving soon. A little bit of something for everyone is here, from casual to coastal. Children’s clothing and accessories are featured as well and something for dads — Columbia shirts and game day attire (Gators, FSU, UM). Collegiate fan wear round out the lineup. Monogramming is included in the price of all items.

Initially Yours, a Personalized Boutique offers this savings booster: bring in this article for 10% off a minimum purchase of $20. Tell Dixie that Debra sent you! They accept cash, check, debit and major credit cards.

Initially Yours is located at 129 N. Second Street in Fort Pierce. For more information, call 772.302.3716. Hours are Tuesday to Friday, 10 a.m. to 6 p.m., and Saturday from 10 to 2. Find them on Facebook: Initially Yours Okeechobee.

Continued on page 12 …
problems. Most people don’t have a large enough generator to run all appliances, so allocate usage appropriately: air conditioning vs. refrigerator, lights vs. hot water — you get my drift.

5. Some of your yard cleanup you may be able to do on your own. Some you may not, either because you are physically unable or the project (trees, fence, shed, roof debris) is simply too big. This is the time when you are most vulnerable to the people who always come around and tell you they’ll do it “for free” and disappear halfway through the job or never even show up again. If possible, use the lawn people you already know, who have worked with you in the past, or someone you know from the neighborhood. If you and several neighbors hire the same people, even better.

6. There may be additional work that needs to be done: windows to be boarded up; roof to be fixed; drywall to be repaired, etc. This is where you can count on people in your local community to help. They are part of downtown Fort Pierce and can supply you with valuable resources. I’m sure I’ve missed many, so if any of my readers want to drop me a note, pick up the phone or e-mail me and tell me how their businesses can contribute. I would gladly include them in a follow-up article.

Let’s start with the heart of all repairs: money. You’ve made your insurance claim and/or filed your FEMA claim but that in and of itself doesn’t give you the funds to get the repairs done promptly. Both Center State Bank and PNC are Main Street Fort Pierce members and are investing in our community.

Center State Bank, located at 200 S. Indian River Drive, prides itself as being a neighborhood bank. When I spoke with Steve Watters, their Vice President and Retail Regional Manager, he stressed that the bank takes care of their “family” when a disaster like a hurricane occurs. They make sure that all personnel are accounted for and tries to reach their customers in these circumstances. He also suggested that securing a line of credit, even if you don’t use it, may be the best offense and give you peace of mind.

Steve Watters, their Vice President and Retail Regional Manager, he stressed that the bank takes care of their “family” when a disaster like a hurricane occurs. They make sure that all personnel are accounted for and tries to reach their customers in these circumstances. He also suggested that securing a line of credit, even if you don’t use it, may be the best offense and give you peace of mind. Center State Bank also has gone out of its way in the past to help with immediate needs such as water and ice.

PNC, while a larger bank, has a branch located at 603 N. Indian River Drive and tries to be active in all its branch locations. Alex de Sousa is the Branch Manager here. He suggested obtaining a 0% credit card to use only in the event of a significant storm and a home equity line of credit. Those would allow you to have no cost up-front and activate it only when you start drawing on the necessary funds. If FEMA is involved, due dates can be extended and no charges will be incurred for 90 days. I also contacted Zoreya Suarez, Vice President Regional Media Relations for PNC and she suggested that having cash on hand is a must. PNC will continue to respond to the needs of its branches by providing funds to the Red Cross in affected areas and by doing its best to make sure all its branches are up and running to afford access to funds.

Affordable Flooring has been in Fort Pierce for over 35 years and is located at 214 Orange Avenue. You can reach the owner, William Ronan, at the store or at 772-409-4117. He or his staff can provide you with an estimate on any damage that may have occurred to your flooring. They will give you a firm quote and will stand by that quote. They have waterproof flooring and can provide you with a quote for replacement of the damaged part or the entire floor. They handle carpeting, tile and wood. In addition, they can do bathrooms and provide the plumbing and/or carpentry that may be necessary. If you have floor damage this is a good place to start.

PNC, while a larger bank, has a branch located at 603 N. Indian River Drive and tries to be active in all its branch locations. Alex de Sousa is the Branch Manager here. He suggested obtaining a 0% credit card to use only in the event of a significant storm and a home equity line of credit. Those would allow you to have no cost up-front and activate it only when you start drawing on the necessary funds. If FEMA is involved, due dates can be extended and no charges will be incurred for 90 days. I also contacted Zoreya Suarez, Vice President Regional Media Relations for PNC and she suggested that having cash on hand is a must. PNC will continue to respond to the needs of its branches by providing funds to the Red Cross in affected areas and by doing its best to make sure all its branches are up and running to afford access to funds.

Affordable Flooring has been in Fort Pierce for over 35 years and is located at 214 Orange Avenue. You can reach the owner, William Ronan, at the store or at 772-409-4117. He or his staff can provide you with an estimate on any damage that may have occurred to your flooring. They will give you a firm quote and will stand by that quote. They have waterproof flooring and can provide you with a quote for replacement of the damaged part or the entire floor. They handle carpeting, tile and wood. In addition, they can do bathrooms and provide the plumbing and/or carpentry that may be necessary. If you have floor damage this is a good place to start.

You may not think of your computer when you think of hurricane damage, but we are in a computer and cell phone world and lots of us (unfortunately I’m a slow learner) cannot live without our devices. Mike’s Downtown Computer Repair, located at 209 Orange Avenue is the answer to your problems. In addition to unplugging everything — and I mean everything — and buying a surge protector with a battery backup, you are subject to fewer problems with your “can’t live without” devices. It gets worse when there is lightning and the telephone lines are hit; you may lose your hard drive. You have to balance all this with the need to keep up with weather alerts and emergency information — that’s your choice. While Mike Lewis’s shop is relatively new, he’s a Fort Pierce native and plans to stay for the long haul. If necessary, he or his technician will make house calls. Mike can be reached at 772-448-8153.

East Coast Lumber should definitely be on your list of calls or stops after a hurricane. Located at 308 Avenue A, they have been in Fort Pierce since 1902. The lumber yard and the Ace Hardware on the premises should be on everyone’s list to start and handle repairs. Not only do they have the supplies you will need, they have a long list of people with whom they’ve worked with over the years and are reliable. While not all of them are necessarily in the downtown Fort Pierce area, they can provide the services you need and have credibility in the community. The people who work for you need to be part of the community and be held accountable for the quality of their work. East Coast Lumber is not only a place for lumber and hardware, it’s a valuable community resource as well.

If you have insurance, you get a star. Rains Insurance Company, located at 204 N. 2nd Street, has hand held its clients through many a hurricane. In preparation for a hurricane, you will have found your insurance policy and any documentation prior to the storm. Now is the time to call your agent at Rains, that’s Nick Rains, at 772-464-6850, and file a claim.

If you’ve had to evacuate, make sure your home or business is safe before you return. You will be taking pictures of any damage and trying to mitgate any further damage as necessary: boarding up broken windows; cutting off water and electricity if necessary; etc. If you are not physically at the property (it’s a second home; you’re staying with friends, etc.) Rains will assist to help you document your claim. It’s good to have a local agent. Your insurance company will need an inventory of items as well as pictures. Remember, you most likely have a “loss of use” provision in your policy so keep receipts for hotels, meals, loss of goods in your refrigerator or freezer, etc. The more documentation the better. An adjuster will probably be assigned to your claim. Your agent can help expedite this process.

There are too many to name, but remember that your favorite restaurant will be in the same boat but they still depend on your business. So, give them a break and your family, too, and go out for dinner, lunch or breakfast. They will be glad to see you. Nothing relieves tension and frustration better than sharing “war” stories and having a good laugh among friends. Again, this is a brief overview of some of the resources that are available in the downtown Fort Pierce area. If I’ve left someone out it’s due to my ignorance, it’s not a slight. Please let me know what service you think you can contribute, and I’ll gladly write a supplemental article. In the meantime, I trust that this hurricane season will roll on by without doing major damage but keep your local people in mind when you do have problems. Wishing you fair winds.
Downtown Fort Pierce Legacy Businesses: Rosslow’s

by Debra McGann

In the August edition of Main Street Focus, we looked at the history of East Coast Lumber & Supply Company, and its contributions to Fort Pierce. This month we will spotlight Rosslow’s department store.

Rosslow’s opened in 1950. The Rosslow family has owned and operated their business from the same location on the corner of Orange Avenue and Second Street, occupying almost a quarter of a city block, next to the Sunrise Theatre. Generations of loyal customers have made them a downtown icon.

Greg Rosslow’s father and mother were from Washington State. During WWII, his father was stationed at Homestead AFB. They liked the climate and moved to Fort Lauderdale for a year, then purchased a small bay in downtown Fort Pierce. As a youngster, Greg spent time at the shop making bows. His expertise is still gift wrapping, “I take pride in serving clientele and offer complementary gift wrap,” he says.

Personal service was a given at finer department stores. Louise Constantine, a German woman who still lives in the area, fitted ladies brassieres individually for a custom fit. Marilyn Ayer, a former school teacher from Maine, does expert alterations by hand — skirts, dresses or pants. She did costume design and alterations for the McAlpine Theatre at Indian River State College.

The lineup of Rosslow’s sweethearts also include Greg’s wife Cindy, Blair Arnold, Karen Avery, Dianne Bronson, Linda Carlton (who worked at the shop in high school), Laura Kelly — approaching 25 years, Mary McConahy, Carol Reckert, Diana Serra, and Doreen Vanadale. “Years ago, it was common to keep employees long term. Nowadays, they move away to be with family,” he says. Part-time hours are attractive along with the free-spirited atmosphere and flexibility. “We work hard to be flexible with them.”

“It hasn’t always been easy,” Rosslow says, “There were some really tough times in the 1970s during the pedestrian shutdown of Second Street. We rolled up our sleeves to help Main Street get off the ground with Friday Fest and the like. That’s the nature of business ownership — sometimes you go through lean times,” he adds.

The store is a mix of trendy items with brands like Vera Bradley. New designers appear seasonally and join Rosslow’s collections. Returning from a recent buying trip to Atlanta, Greg reflects on the industry. “Baby clothing and gift items are popular sellers. Fashion retail runs on freshness; often the latest trends may not be pleasing to our customer base. Lag time from order to delivery can be as much as four to six months.”

“Overhead is really good. We have rented from the Koble family since 1950. They are a wonderful landlord and treat us fairly,” he adds. Greg’s grandmother worked alterations when he was a little boy. She often gave him a quarter to go to the movies on Saturday morning — watch cartoons for two hours and have popcorn and coke. “It gave the children something to do.”

Rosslow’s attracts coastal living customers who enjoy the versatility of merchandise and decorating items. “We don’t tout the latest trends, we just want to give the customer something that’s affordable for our customers. If they only have a good experience when they come in, we’re happy. They don’t have to go out with a bag in their hands,” Rosslow says.

Their expertise is evident in the cleanliness of the store, crisp, upbeat colors, contemporary styles and most importantly, friendly service. Dressy ladies’ clothing has always been a hallmark of this downtown retailer.

Designer lines include Vera Bradley, Brighton, Lulu B., Joseph Ribkoff, Ronaldo, Gretchen Scott, Slim-saxons, Spartina, Tribl and more. Deliveries arrive daily — there is always something new to see. The Ronaldo collection is handmade in America. Using artist gold and sterling silver wire, his bracelets of the month are woven according to copyright protected designs. Affordable and elegant, earrings, rings and necklaces round out his product line.

The Rosslow family believes in giving back to the community. They support the Sunrise Theatre because, Greg Rosslow says, it brings people to Fort Pierce because of its positive image. “For me, it’s not only about business. I’ve lived here all my life. It has a reputation it doesn’t necessarily deserve.”

Local Alzheimer’s community care was a worthwhile recipient of the Rosslow’s gratitude because the disease affected their parents. Additionally, a Layne Chesney fundraising event benefited from raffle items donated by the Rosslow’s.

For quality ladies apparel, accessories, gifts and home décor, baby gifts and hand-painted children’s furniture, it’s all here. Whether it’s that perfect bridal shower gift or something for mom, remember that gift wrapping is complimentary at Rosslow’s.

Rosslow’s located at 105 S. 2nd Street; phone 772-461-1222; e-mail Rosslow@comcast.net. Find them on Facebook and Instagram: @RosslowsInc.

Coming next month, spotlighting Sweet’s Jewelers: “Three generations keep Sweet’s Jewelers running like clockwork…”

Visit us as the Goldees Mortgage & Realty 10% Off Purchase

Bed Bath Kitchen Dining
Shop Local Store Downtown Fort Pierce

Affordable Luxury Limousine
Ride in style every mile

Brad Schwerer
Owner/Operator 772-577-0334
clic/insured

www.affordableluxuryjpsi.com

A T Y C K L R O S S L O W

The Clock Shop of Fort Pierce
Moving to The Arcade Building
June 1st

101 N. US 1, Suite #123
Historic Downtown Fort Pierce
772-465-2768

Antique Restoration • New Clocks
• Sales & Service

JIFFY PHOTO & FRAMING
Digital Cameras & Accessories • Film
1 Hour Lab • Equipment • Repairs

940 South U.S. 1, Ft. Pierce, FL
772-461-0872
A Cannon for the Fort!
by Crystal Samuel, President, Fort Pierce Lions Club

On August 13th a joint project of the Keep Fort Pierce Beautiful Advisory Board and the Fort Pierce Lions Club became reality when a 1715 Spanish Plate Fleet cannon was recovered from ocean waters off the Treasure Coast just north of Fort Pierce. After a three-year preservation process, the cannon will move to its new home at the Melody Lane Fishing Pier Plaza where it will remain a treasured part of our coast’s history for generations to come.

The 303-year-old cannon was pulled up from a depth of about 15 feet through the use of an air bag and chains, and towed back to the Fort Pierce Inlet and then to Fisherman’s Wharf. The remarkable recovery operation was performed by Captain John Brandon and Captain Dan Porter of the M/V Seatrepid, plus crew. John Brandon, 45+ year treasure diver and operations manager for the 1715 Fleet-Queens Jewels LLC, was instrumental in obtaining the permitting for this unique piece of history from the site known as the Sandy Point Wreck. Captain Porter, president of Maritime Research and Recovery LLC, also has over 20 years of shipwreck recovery experience. This combined expertise was put to good use when the cannon was raised efficiently and easily, floating securely behind the boat, and safely towed to port; an effort that took approximately six hours. Personnel from the city’s public works department used a crane to carefully hoist the cannon onto the seawall and then into the back of a truck for transport. Paul Bertram, Public Works Parks & Grounds manager, stated the cannon would be placed in the special box constructed weeks earlier to begin the long restoration process.

“We owe a big thanks to John Brandon and Dan Porter. It just wouldn’t have happened without them and their crew,” said Matthew Samuel, KFPB Advisory Board and Secretary of the Fort Pierce Lions. He also added, “This project is important because this cannon highlights our history as part of the Treasure Coast.” The by-product is that it also promotes a stronger interest in our local history.

Most of us know there’s a lot to be treasured here in Fort Pierce and now we have even more!
Members and supporters of the Fort Pierce Jazz and Blues Society have had a blast setting the time machine backwards and hosting mini class reunions this summer! In July, it was a return to the psychedelic 60s with everything from The Stroll to a mini-Beatles invasion. In August, we rehashed the 1970s and learned that nearly everyone knows at least a few of the words to the decade icon I Will Survive. So, let’s see how well you do when we crank the time machine back to the 1980s.

On Tuesday, September 25th, the Sunrise Black Box Theatre will come alive with the likes of Michael Jackson telling everyone that “Billy Jean is not my lover.” You can travel back with Bonnie Tyler for a Total Eclipse of the Heart, and if you bring a group of friends, you may just call (772) 460-JAZZ (5299), find us on Facebook, or check out Fort Pierce Jazz and Blues Society, become a member of the society, and if you enjoy the evenings, and we’d love to know if you’ve been enjoying them. Give us a call, drop us an e-mail, or send us a thumbs-up or suggestions on Facebook and Twitter. If you’ve enjoyed the flashback evenings, let us know, and we’ll schedule more of them.

Sure, we’ll still have the classic jazz jam you love for the first hour of the evening as we always do, but on Tuesday, September 25th, we’ll all become Men Without Hats because, “We can dance if we want to. We can leave your friends behind. ‘Cause your friends don’t dance, and if they don’t dance, well, they’re no friends of mine.”

Even though these are extra special evenings of music, memories, and magic, the cover charge is still only $6 for members and $7 for everyone else. Best of all, your admission price helps cover the costs of scholarships for young, talented musicians hoping to pursue a career in music, like the eight scholarships that nearly everyone knows at least a few of the words to the decade icon I Will Survive. So, let’s see how well you do when we crank the time machine back to the 1980s.

September 25th is the last of our scheduled Class Reunion Mix Tape evenings, and we’d love to know if you’ve been enjoying them. Give us a call, drop us an e-mail, or send us a thumbs-up or suggestions on Facebook and Twitter. If you’ve enjoyed the flashback evenings, let us know, and we’ll schedule more of them moving forward. To find out more, put in your request, or to provide recipes and recommendations to patrons, and to create custom spice blends, Lucky Onion spices add zing and zest to dips, dressings, mixes, and rubs.

Throughout the Market, the assortments of spicy selections feature all-natural ingredients and delicious blends of the finest herbs and spices. The couple, who are avid cooks themselves, are always ready to make thoughtful suggestions, to provide recipes and recommendations to patrons, and to create custom spice blends. Lucky Onion spices add zing and zest to dips, dressings, mixes, and rubs.

In recognition of National Farmers’ Market Week (August 5-11) and the healthy and robust economic and community contributions to the City of Fort Pierce from local farmers, ranchers, and the Saturday morning Downtown Fort Pierce Farmers Market, Mayor Linda Hudson presented a proclamation to the Market’s board of directors at the City Commission’s July 16th meeting. Pictured from left to right are market manager C.J. Brown, and board members Kate Dormi and Brian Gilligan, have been selling all-natural spice mixes at the Market each Saturday morning for the last 14 years.

In recognition of National Farmers’ Market Week (August 5-11) and the healthy and robust economic and community contributions to the City of Fort Pierce from local farmers, ranchers, and the Saturday morning Downtown Fort Pierce Farmers Market, Mayor Linda Hudson presented a proclamation to the Market’s board of directors at the City Commission’s July 16th meeting. Pictured from left to right are market manager C.J. Brown, and board members Kate Dormi and Brian Gilligan, have been selling all-natural spice mixes at the Market each Saturday morning for the last 14 years.

Their gourmet spice company features all-natural ingredients and delicious blends of the finest herbs and spices. The couple, who are avid cooks themselves, are always ready to make thoughtful suggestions, to provide recipes and recommendations to patrons, and to create custom spice blends. Lucky Onion spices add zing and zest to dips, dressings, mixes, and rubs.

Throughout the Market, the assortments of spicy selections feature all-natural ingredients and delicious blends of the finest herbs and spices. The couple, who are avid cooks themselves, are always ready to make thoughtful suggestions, to provide recipes and recommendations to patrons, and to create custom spice blends. Lucky Onion spices add zing and zest to dips, dressings, mixes, and rubs.

Sure, we’ll still have the classic jazz jam you love for the first hour of the evening as we always do, but on Tuesday, September 25th, we’ll all become Men Without Hats because, “We can dance if we want to. We can leave your friends behind. ‘Cause your friends don’t dance, and if they don’t dance, well, they’re no friends of mine.”

Even though these are extra special evenings of music, memories, and magic, the cover charge is still only $6 for members and $7 for everyone else. Best of all, your admission price helps cover the costs of scholarships for young, talented musicians hoping to pursue a career in music, like the eight scholarships that nearly everyone knows at least a few of the words to the decade icon I Will Survive. So, let’s see how well you do when we crank the time machine back to the 1980s.

September 25th is the last of our scheduled Class Reunion Mix Tape evenings, and we’d love to know if you’ve been enjoying them. Give us a call, drop us an e-mail, or send us a thumbs-up or suggestions on Facebook and Twitter. If you’ve enjoyed the flashback evenings, let us know, and we’ll schedule more of them moving forward. To find out more, put in your request, or to provide recipes and recommendations to patrons, and to create custom spice blends. Lucky Onion spices add zing and zest to dips, dressings, mixes, and rubs.

Throughout the Market, the assortments of spicy selections feature all-natural ingredients and delicious blends of the finest herbs and spices. The couple, who are avid cooks themselves, are always ready to make thoughtful suggestions, to provide recipes and recommendations to patrons, and to create custom spice blends. Lucky Onion spices add zing and zest to dips, dressings, mixes, and rubs.

Sure, we’ll still have the classic jazz jam you love for the first hour of the evening as we always do, but on Tuesday, September 25th, we’ll all become Men Without Hats because, “We can dance if we want to. We can leave your friends behind. ‘Cause your friends don’t dance, and if they don’t dance, well, they’re no friends of mine.”

Even though these are extra special evenings of music, memories, and magic, the cover charge is still only $6 for members and $7 for everyone else. Best of all, your admission price helps cover the costs of scholarships for young, talented musicians hoping to pursue a career in music, like the eight scholarships that nearly everyone knows at least a few of the words to the decade icon I Will Survive. So, let’s see how well you do when we crank the time machine back to the 1980s.

September 25th is the last of our scheduled Class Reunion Mix Tape evenings, and we’d love to know if you’ve been enjoying them. Give us a call, drop us an e-mail, or send us a thumbs-up or suggestions on Facebook and Twitter. If you’ve enjoyed the flashback evenings, let us know, and we’ll schedule more of them moving forward. To find out more, put in your request, or to provide recipes and recommendations to patrons, and to create custom spice blends. Lucky Onion spices add zing and zest to dips, dressings, mixes, and rubs.

Throughout the Market, the assortments of spicy selections feature all-natural ingredients and delicious blends of the finest herbs and spices. The couple, who are avid cooks themselves, are always ready to make thoughtful suggestions, to provide recipes and recommendations to patrons, and to create custom spice blends. Lucky Onion spices add zing and zest to dips, dressings, mixes, and rubs.

In recognition of National Farmers’ Market Week (August 5-11) and the healthy and robust economic and community contributions to the City of Fort Pierce from local farmers, ranchers, and the Saturday morning Downtown Fort Pierce Farmers Market, Mayor Linda Hudson presented a proclamation to the Market’s board of directors at the City Commission’s July 16th meeting. Pictured from left to right are market manager C.J. Brown, and board members Kate Dormi and Brian Gilligan, have been selling all-natural spice mixes at the Market each Saturday morning for the last 14 years.

Their gourmet spice company features all-natural ingredients and delicious blends of the finest herbs and spices. The couple, who are avid cooks themselves, are always ready to make thoughtful suggestions, to provide recipes and recommendations to patrons, and to create custom spice blends. Lucky Onion spices add zing and zest to dips, dressings, mixes, and rubs.

In recognition of National Farmers’ Market Week (August 5-11) and the healthy and robust economic and community contributions to the City of Fort Pierce from local farmers, ranchers, and the Saturday morning Downtown Fort Pierce Farmers Market, Mayor Linda Hudson presented a proclamation to the Market’s board of directors at the City Commission’s July 16th meeting. Pictured from left to right are market manager C.J. Brown, and board members Kate Dormi and Brian Gilligan, have been selling all-natural spice mixes at the Market each Saturday morning for the last 14 years.

Their gourmet spice company features all-natural ingredients and delicious blends of the finest herbs and spices. The couple, who are avid cooks themselves, are always ready to make thoughtful suggestions, to provide recipes and recommendations to patrons, and to create custom spice blends. Lucky Onion spices add zing and zest to dips, dressings, mixes, and rubs.

Sure, we’ll still have the classic jazz jam you love for the first hour of the evening as we always do, but on Tuesday, September 25th, we’ll all become Men Without Hats because, “We can dance if we want to. We can leave your friends behind. ‘Cause your friends don’t dance, and if they don’t dance, well, they’re no friends of mine.”

Even though these are extra special evenings of music, memories, and magic, the cover charge is still only $6 for members and $7 for everyone else. Best of all, your admission price helps cover the costs of scholarships for young, talented musicians hoping to pursue a career in music, like the eight scholarships that nearly everyone knows at least a few of the words to the decade icon I Will Survive. So, let’s see how well you do when we crank the time machine back to the 1980s.
Summertime Fun Learning at the Manatee Center
by April Frederick, MOEC Education Coordinator

The young girl’s eyes grow wide as she breaks into a tinselled grin, “It tickles!” A chorus of comments erupts from the rest of the group as they wait their turn to meet a hermit crab. “I want to try it.” “Is it scary?” “Can I touch it?” These are the sounds of the Manatee Observation and Education Center in the summer.

The summer of 2018 has been a busy one for MOEC. Summer programs from Stuart to Vero Beach have visited the Center with youth of all ages. Many children saw live sea creatures for the first time as they encountered our Tide Pool Touch Tank where they could hold a sea star, touch an urchin, and see a living coralline up close and personal. Visiting camps also observed some of the fish species common to this area in the large predator, community, coral reef and seahorse tanks. These experiences help the children develop a deeper understanding of just how unique and precious our Indian River Lagoon is. MOEC educators also introduced these young visitors to freshwater fish, striped mud turtles, and to the infamous Diego, our red rat snake. Kids not only learned about the needs and behaviors of individual species, but also about the ways in which our uplands, freshwater wetlands and the Indian River Lagoon are connected.

The Manatee Center also held three week-long summer camps this year. Wild Discovery for ages 6-9, and Ocean Explorers and Eco Adventures for ages 8-12, got children outdoors and visiting natural environments. Field trips to the St. Lucie Aquarium, Harbor Branch Oceanographic Institute, and the Florida Oceanographic Coastal Center gave campers a unique opportunity to see and learn about research and other work that is being done to protect and conserve our ocean resources. Visits to natural areas like the Saturnia Preserve and Adam’s Ranch highlighted the ways in which people can live in harmony with nature. And, fishing with Anglers for Conservation, kayaking, and seining were adventures that immersed campers in outdoor learning.

During each camp, kids learn to give back to their community and the environment by participating in a shoreline cleanup, competing to see which teams can pick up the largest, smallest, weirdest and most trash! The take-home lesson is a positive one; each person can make a difference, by picking up litter, by recycling at home, and by sharing what they’ve learned. MOEC’s summer learning opportunities weren’t just for kids, though. The popular Lunch and Learn series hosted a number of interesting speakers this summer. Bo Platt and Wayne Mills of the Marine Resource Council kicked off the summer with an “Update on the State of the Lagoon” during which they shared information about the Indian River Lagoon health and restoration efforts along the Treasure Coast. AnnMarie Loveridge, President of the Lakhelal Mint Chapter of the Florida Native Plant Society, led a tour of the MOEC butterfly garden and grounds and gave away seedlings to encourage gardeners to use more Florida native plants in their home landscape. Rettie Rohn, Education Coordinator and Research Assistant at the Ocean Research and Conservation Association, spoke in July to share all about ORCA’s work gathering data in the Indian River Lagoon through its Kilroy stations, using it for their own research and sharing it with other scientists and the public in order to develop a better understanding of lagoon health. A Kilroy station is located at the Manatee Center where it gathers data from Moore’s Creek. University of Florida Assistant Professor of Entomology, Dr. Carey Minteer, spoke in August about the important research being conducted on biological controls for invasive air potato vines, finishing off the summer season. Lunch and Learn programs are offered year-round on the second Friday of each month. The programs begin at noon and are free and open to the public.

After such a busy and exciting summer, MOEC staff and volunteers are looking forward to diving right into the fall and winter seasons with programs for schools, events for the holidays and a new Evening Eco-Series offered in cooperation with the Fort Pierce Yacht Club.

Join us: MOEC is a volunteer organization, located along Moore’s Creek in Downtown Fort Pierce, which is always seeking members of the local community to become part of the Mana Team. There are many exciting and diverse volunteer opportunities for you to choose from. We have a place for everyone—no matter what your level of experience. Call our Volunteer Coordinator today at 772-466-1600 x3334 to join.

The Galleria of Pierce Harbor Wins Secretary of State Award

O n Tuesday, July 31st the Galleria of Pierce Harbor was awarded a Secretary of State award in the category of Outstanding Florida Main Street Rehabilitation Project.

The building that is now the Galleria of Pierce Harbor was occupied by several banks since 1957. The most recent economic recession forced the last bank to occupy the building to downsize and move out of downtown. This large of a building sitting vacant in a prominent location of downtown was a devastating blow.

Then came Pierce Harbor Realty with a very ambitious dream. They purchased the building in March of 2014 with a dream to redevelop it into a galleria. Realizing this sleeping giant’s potential, they redesigned the space for shopping and restaurants. Little by little, the face of the building began changing. There were many challenges and obstacles to overcome, but they were accomplished.

Today the Galleria of Pierce Harbor has 10 retail spaces, three restaurants, an art gallery, and ice cream shop. Their goal is to bring in local businesses and not chains. The highest achievement they have made is two of the restaurants are a partnership and are using only local ingredients. Adam’s Ranch, the beef supplier, is a 4th generation business in St. Lucie County. They are one of the 15th ranked cattle companies in the nation and based here since 1937. Their beef is all grown naturally; no hormones or antibiotics are used. The Galleria of Pierce Harbor turned a prominent block in downtown Fort Pierce back into a viable economic engine for small businesses and commerce.
Mindfulness and yoga offer many benefits for our hearts, bodies and minds. Mindfulness meditation is an approach that emphasizes paying attention to what is going on in the mind without evaluating or judging it. Many styles of yoga that are practiced in the West incorporate mindfulness in the practice.

Hartha yoga is one of the more common types of Yoga combining breathing with meditation and movement and concludes with relaxation. Asthanga and Iyengar yoga are examples of Hartha yoga. While mindfulness is an essential part of the practice of yoga, it can also be practiced on its own. Here is a daily simple exercise to bring mindfulness to your day: first, take a pause and break from the routine of your day. Close your eyes, let yourself be still and begin to bring awareness to what you are doing, thinking and feeling in the moment. Secondly, begin to bring awareness to your breath, to the movement of your breath, your chest, and the contraction of your lungs. Notice the patterns of your breath. Thirdly, begin to expand awareness from your breath outwards to your body and then to your environment. Follow your breath as it moves from within you and then outward to the world around you. Continue following the expansion of your breath outward noticing colors, sensations, and a connection to the world around you.

Begin with a mindfulness pause of three minutes a day. This daily practice cultivates mindfulness of shifting from a human doing back to a human being. Margarida Tree has been practicing and teaching Yoga for 26 years and has owned and operated One Yoga Planet and Educating Yoga Teachers Trainings for 12 years in historic downtown Fort Pierce. As a Yoga Teacher she works with individuals from the "scholastic" approach of Yoga to help students find their own balance and harmony.

Mindfulness Meditation
by Margarida Tree

Three Ways to Cook Clams (or Mussels) Like A Pro

If you're looking for easy meal ideas or impressive appetizers, clams fit the bill perfectly. Prepare these with confidence and they make an impressive, tasty dish with little effort. Here are three different ways to cook them.

Steaming: The secret to steaming is to use just a bit of liquid, use too much and you’ll boil the meat instead of steaming it. Add enough liquid to cover the bottom of a deep pan or stockpot completely and then some (about 1/4" deep), heat on medium to high heat. You can use water, white wine, beer, with even some fresh lemon juice and butter added. When liquid starts to boil, add shellfish. Cover with a tight-fitting lid and cook until done. How to tell when they’re cooked? The shells will open wide. Cooking time depends on the size of the shellfish and can be anywhere from 3 to 10 minutes. What to do with the cooking liquid? It’s been flavored nicely with the clam liquor so why not use it! Add a large spoonful of butter or heavy cream, bring to a boil and cook for a few minutes to reduce. Pour over shellfish and serve.

Oven Baking: This is technically steaming since they’re cooked in sealed parchment paper pouches with a bit of liquid. Preheat oven to 400°F with a baking sheet on the bottom rack so it gets nice and hot. Take a sheet of parchment paper and add a handful of clams just off the center of the sheet. Top with a bit of garlic butter, freshly squeezed lemon juice or a splash of white wine. Fold over paper, then seal all the sides by twisting and folding edges together to make a pouch, you’ll want the pouch to be roomy so there’s lots of space around the shellfish to hold the steam that will develop as well as hold the opened shells. Make sure seal is nice and tight to keep in the steam. Place packets on hot baking sheet then cook until they are done and the shells are open (you’ll be able to tell through the paper). Open the packets and enjoy!

Grilling: Preheat grill medium to high heat. Place cleaned mollusks directly on hot grill in a single layer, close cover and cook until shells are open (anywhere from 3 to 10 minutes depending on size). If any don’t open, simply move those to the grill’s hot spot in the center and cook a couple more minutes. If they still don’t open, toss them.

Become A Member
It Takes All of Us to Make Our Historic Downtown Prosper and Grow!

Three Easy Ways to Join!
1 - Call Main Street Fort Pierce at (772) 466-3880
2 - Visit our Website at www.mainstreetfortpierce.org
3 - Fill out the membership form and mail to:
Main Street Fort Pierce
122 A.E. Backue Ave.
Fort Pierce, Florida 34980

Please take a minute to join today!
For Volunteer Opportunities, contact Main Street Fort Pierce at (772) 466-3880 or e-mail michellec@mainstreetfortpierce.org.

For Volunteer Opportunities, contact Main Street Fort Pierce at (772) 466-3880 or e-mail michellec@mainstreetfortpierce.org.

Volunteers Needed:
Writers needed: Guides & Character Actors
1.) Guides take groups around to each location on the tour. It is possible to be a guide on all four tours if requested. Guides will be given a brief summary of Main Street Fort Pierce, Inc. and the history of Fort Pierce to share with their guests as they see fit.
2.) Characters to play roles of people from Fort Pierce’s past. Scripts and information about the characters are distributed prior to the event to prepare for the part.
3.) Costume design & manufacturing.

If you have a family member from prior to 1950 that contributed in some way to downtown Fort Pierce, please submit their name and a description of them and their contribution (it is preferable that it be distributed prior to the event to prepare for the part. It is possible to be a guide on all four tours if requested. Guides will be given a brief summary of Main Street Fort Pierce, Inc. and the history of Fort Pierce to share with their guests as they see fit.

Main Street Focus
Dates: Ongoing + e-mail: mainstreetfocus@gmail.com + 772.466.3880
Volunteers needed: Writers and Photographers
1.) Writers needed to submit stories that focus on events, new businesses, promotions, economic trends, history, health tidbits, professional advice, and more, that focus on downtown Fort Pierce.
2.) Photographers needed for various events and for stock & cover photos.

Main Street Office Help
Dates: Ongoing and as needed
Volunteers needed: Filing, reception work, database entry, mailings, article collection & management, and more.

Annual Ghosts of Fort Pierce Past Walking Tours
Volunteers needed: Guides & Character Actors
1.) Guides take groups around to each location on the tour. It is possible to be a guide on all four tours if requested. Guides will be given a brief summary of Main Street Fort Pierce, Inc. and the history of Fort Pierce to share with their guests as they see fit.
2.) Characters to play roles of people from Fort Pierce’s past. Scripts and information about the characters are distributed prior to the event to prepare for the part.
3.) Costume design & manufacturing.

If you have a family member from prior to 1950 that contributed in some way to downtown Fort Pierce, please submit their name and a description of them and their contribution (it is preferable that it be distributed prior to the event to prepare for the part. It is possible to be a guide on all four tours if requested. Guides will be given a brief summary of Main Street Fort Pierce, Inc. and the history of Fort Pierce to share with their guests as they see fit.

Main Street Focus
Dates: Ongoing + e-mail: mainstreetfocus@gmail.com + 772.466.3880
Volunteers needed: Writers and Photographers
1.) Writers needed to submit stories that focus on events, new businesses, promotions, economic trends, history, health tidbits, professional advice, and more, that focus on downtown Fort Pierce.
2.) Photographers needed for various events and for stock & cover photos.

Please take a minute to join today!
For Volunteer Opportunities, contact Main Street Fort Pierce at (772) 466-3880 or e-mail michellec@mainstreetfortpierce.org.

Main Street Fort Pierce, Inc. is a 501(c)3 nonprofit, as such volunteer hours donated to our organization qualify as approved community service hours for college & scholarship purposes.
Visiting Whimsy for fresh new styles and all your fashion needs.

whimsy
clothing, accessories and boots

The Unique Chic Boutique That Everyone Can Afford!

Present this ad for 20% OFF any one clothing item. (Excludes sale items — cannot be combined with other discounts.)

521 North Second Street
Located 2 blocks South of Seaway Drive in Historic Downtown Fort Pierce
Open Mon — Sat 10am to 4pm
772-882-4397

Present this ad for 20% OFF any one clothing item. (Excludes sale items — cannot be combined with other discounts.)

521 North Second Street
Located 2 blocks South of Seaway Drive in Historic Downtown Fort Pierce
Open Mon — Sat 10am to 4pm
772-882-4397

McCurdy & Co. Realty
Residential | Commercial
Waterfront | Land | Rentals

Stop in or call!
772-216-2821 cell | 772-242-8436
joannemccurdy17@aol.com
www.mccurdyrealty.com

“Helping Ft. Pierce Stay Clean & Colorful Since 1976!”

Call...
Berger, Toombs, Elm, Gaines & Frank
Certified Public Accountants, PL

Have the power of knowledge on your side!

Barclay

2800 N A1A
North Hutchinson Island

#202 - 2/2 with Carport $230,000
#206 - 2/2 with Garage $250,000
Penthouse #1 - 2/2 with Garage & Rooftop Terrace $425,000

For More Information Contact:

772-216-7156

Faitella Enterprises
The PAINT HOUSE

706 S. US Hwy, 1 Ft. Pierce, FL 34950
772-465-5862
www.faitellaenterprises.com

Pressure washer rentals starting @ $30.00 per day
Airless paint sprayer rentals starting @ $75.00 per day

Interior/Exterior Paint
Starting at $13 per gallon

KIDS FUN PROGRAMS

Mermaid Tales
Fridays
1:30 pm

Reptile Encounters
Thursdays
1:30 pm

Turtle Feedings
Fridays
3:00 pm

Fin-Tastic Fish Feedings
Saturdays
1:30 pm

Tide Pool Touch Tank
Fridays
2:00 pm

Environment Center
480 N. Indian River Drive
Fort Pierce, Florida
772.429.6266
www.ManateeEducationCenter.org

"Helping Ft. Pierce Stay Clean & Colorful Since 1976!"
Small Business Solutions: Choosing the Right Business Structure: Three Factors to Consider

by Marco Carbajo, Guest Blogger on www.sba.gov

Choosing which business structure is right for you is a crucial step when starting a business. The entity you select has legal, financial, and operational implications. Here are three factors to consider when choosing a business structure.

BUSINESS TAXES – Business owners must meet all federal, state, and local tax obligations to stay in good legal standing. The type of business structure you choose impacts your personal liability and which taxes your business must pay.

For example, choosing a sole proprietorship may be the easiest structure to form for a small business startup, but it comes at a price. A sole proprietorship has less government regulations and tax obligations than all the other business structures. It's taxed at the personal level because you and your business are considered the same legal entity. This means you are personally responsible for all the business' losses and liabilities.

With a corporation or LLC, only the entity can be sued — not the owners or officers of the business. A limited partnership is created by one or more general partners and one or more limited partners. Limited partners have personal liability for the company's debts, but only up to the amount they have invested in the business.

In a limited partnership, general partners have unlimited personal liability for the company's debts. This can be limited by having a corporation or LLC as the general partner.

In a limited liability partnership, all the partners are not personally liable for the other partners. But they all have unlimited personal liability for the business's debts.

Once you choose your business structure, you'll also need to get a tax identification number and file for the necessary licenses and permits. With an employer identification number, your business will also be in a position to build a business credit identity with the major business credit reporting agencies.

Contact SCORE: mentors, Small Business Development Centers, Women's Business Centers, and Veterans Business Outreach Centers for free business counseling and advice.

Marco Carbajo is a business credit expert, author, speaker, and founded of the Business Credit Insiders Circle. He is a business credit blogger for Duos and Business Credit Credibility Corp, the SBA.gov Community, About.com and All Business.com. His articles and blog, Business Credit Blogger.com, have been featured in Fox Small Business, Americans Express Small Business, Work The Washington Post, The New York Times, The San Francisco Tribune, Allop, and Entrepreneur Connect.

THE KOBLEGARD LAW FIRM
R. N. Koblegard, III
Attorney at Law
Amy R. Shevlin
Associate Attorney
200 South Indian River Drive, Suite 201
Fort Pierce, Florida 34940
Litigation, Business, Real Estate
Probate, Criminal, and Family Law
Website: Koblegardlaw.com
Telephone: (772) 461-7772
Fax: (772) 461-0226

Nourishment for the Mind and Body

by Kaitlynn Black

In last month’s issue we talked about life giving foods. Foods that can be identified as whole and plant based. These foods nourish the mind, body, soul connection, allowing your most authentic self to stay present. This month, let’s explore consumption further, to include all of our senses.

Everything we consume we have to digest, and digestion happens not only within our digestive system but includes our nervous system and brain, and each and every other part of our energetic and physical body.

Ask yourself, “What did I do to nourish myself today?”. Maybe you took a walk, meditated, did the dishes, watered the plants, fed your children, or simply got out of bed. Our senses are inundated with marketing and media telling us we need this or that in order to take care of ourselves, or in order to have a spiritual practice but the truth is, our most nourishing, cup-filling moments are created by ourselves without any tools or elaborate routines.

I am here to tell you that you have everything you need right now, in this moment, to be your most authentic, happiest, healthiest, most radiant love filled self. The trick is to believe in yourself. There are amazing products and inspirational content that we can use as tools to aid us in our expansion and growth into happy, healthy people (and planet), but first I invite you to find the inherent value in yourself.

Try this: once daily, choose to do one thing that helps you feel energized and fills your cup. This might be going to bed earlier than usual, preparing a cup of tea for you and a friend, doing the dishes before going to bed, or writing in a journal. Choose something that resonates with you and listen to yourself while your experiencing this time. The more aware you become of how the things you consume make you feel, the better you can choose to surround yourself with things that authentically lift you up and keep you feeling full of life. This conscious nourishment will trickle into every aspect of your life, leaving you moving through life with bliss and grace.

Wishing you all a beautiful month, —Kaitlynn Black.

Kaitlynn is a fitness instructor at Downtown Yoga Barre & Beyond. For more information please visit www.downtownyogabarre.com, www.kaitblackwellness.com.
Most anglers are ready to go after linesiders come September when the season opens again. September 1st through December 14th is the second legal season of the year for the common snook known for its very distinctive black lateral line. These highly targeted trophy fish promise a good fight and a good dinner and can be found around bridges, docks, and jetties with fast moving currents. The best bait to catch these linesiders is live mullet, pilchards, threadfins, or mojarra but they will hit artificials as well. Drag has to be kept tight because these fish are smart enough to run and break your line on nearby structures. Once you get a hit, set back and be prepared for an impressive battle.

Snook must be within the “slot,” no less than 28 inches and no more than 32 inches. The larger snook over 32 inches are the breeders and are protected to ensure the species population. It is recommended to return these fish to water as quickly as possible so take your photos fast and practice proper catch-and-release techniques. The limit is only one per angler per day and snook cannot be commercially harvested or sold. Your snook stamp helps with research and survival. For more information visit myfwc.com or your local bait and tackle shop. Come aboard, join the “linesider life,” and keep Pullin’ Drag!

---

### Pasta with White Clam Sauce

I grew up in Fort Pierce where clams were plentiful in the Indian River. This recipe is quick and easy but elegant enough to serve at a dinner party.

- 3 cans of minced clams with juice
- 1 cup cream
- 1 cup white wine
- ½ teaspoon garlic
- ½ teaspoon rosemary
- ½ teaspoon thyme
- ½ teaspoon white pepper
- ½ teaspoon salt (or to taste)
- 4 Tablespoons butter
- 1 large onion, chopped
- ½ pound sliced mushrooms
- 4 large cloves garlic, minced

Sauté onion, mushrooms and garlic in butter until soft. Add the remain ingredients and simmer for 20 minutes. Thicken with flour, water and corn starch. Cook for another 10 minutes. Serve over warm pasta. Serve

---

### Stuffed Clams

Mix clams, onion, celery and green pepper. Add eggs, breadcrumbs, salt, pepper, and poultry seasoning. Add enough clam broth to make a wet mixture (the consistency of turkey stuffing). Put stuffing into clam shells. Bake 350 F for 45 minutes. Top each clam with 1 slice of bacon. Broil for 10 minutes or until bacon is done. Make: 8 large stuffed clams.
**40” HD big screen TVs, 50 Tap Beers, Food and Drink Specials Daily**

**Lunch Specials**

- 5/$9.95 Specials
  - 1 Slice & a House Salad or Pasta Fagioli Soup
  - 1 Slice & 1/2 of a Meatball or Sausage Roll
  - Small Salad of: Caesar, Greek, Gorgonzola & Baby Spinach
- 8/$9.95 Specials
  - Fettuccine Bolognese (meat sauce)
  - Baked Penne (no meat)
  - 2 Stuffed Shells with 1 Meatball or Sausage
  - Sausage & Peppers over Penne Pasta

Still $4.95 – 2 Slices & Can of Soda

**400-5445**

222 Orange Ave., Fort Pierce
TICKETS ARE ON SALE TO MEMBERS NOW!
ON SALE TO PUBLIC SEPTEMBER 4TH

NOVEMBER 24TH
DRUMLINE
NATIONAL TOURING CO.

NOVEMBER 28TH
DAVE KOZ & FRIENDS CHRISTMAS TOUR 2018

DECEMBER 13TH
THE MIDTOWN MEN
CTMG MUSICALS

DECEMBER 26TH
THE NATIONAL BALLET THEATRE OF ODESSA FROM UKRAINE PRESENTS:

JANUARY 10TH
SUNRISE THEATRE & MUSICWORKS PRESENTS

JANUARY 11TH
HOWIE MANDEL

JANUARY 13TH
SHOW ANNOUNCEMENT COMING SOON

JANUARY 18TH
RITEOUS BROTHERS

JANUARY 19TH
SAM Cooke

JANUARY 25TH
Time of The Season
SHE'S NOT THERE
MARY MORE

FEBRUARY 2ND
THE FAHFOUR

FEBRUARY 7TH
THE NEW SHANGHAI CIRCUS

FEBRUARY 8TH
ABBAMANIA

FEBRUARY 16TH
THE ZOMBIES

FEBRUARY 17TH

FEBRUARY 20TH
STELLAR ENTERTAINMENT PRESENTS:

FEBRUARY 22ND
DARLENE LOVE

MARCH 1ST
RENISE FUGUE

MARCH 2ND
CHOIR MAN

MARCH 3RD
ANKA SINGS SINATRA

MARCH 6TH
LEGAL BLONDE THE MUSICAL

MARCH 8TH
RUMOURS

MARCH 14TH
AUSTRALIAN BEE GEES

MARCH 29TH

APRIL 3RD

APRIL 26TH
ONE NIGHT OF QUEEN

BECOME A MEMBER TODAY FOR AS LITTLE AS $75!
Members get advance notice of shows, priority ticketing, discounts on tickets, Meet & Greet opportunities and exclusive discounts from local businesses! More shows and attractions will be added throughout the season! For more information visit our website www.sunrisetheatre.com or call our box office @ 772.461.4775. Located @ 117 South 2nd Street in Historic Downtown Fort Pierce!