Main Street Fort Pierce Presents the 7th Annual Souvenirs of Downtown "Plein Air Paint Out"
Welcoming a New Main Street Fort Pierce President

by Beth Williams

If you were one of the lucky people to make it downtown for the Bev Smith Automotive Group’s “Taste of the Sea” & “Sandy Shoes” Seafood Festival last month, you know it was a great time! From the food vendors, to contests, to crafts, and even the kid zone, there was something for everyone. The addition of the Bev Smith Seafood Festival as part of our annual Sandy Shoes event has made this the best festival on the Treasure Coast.

This month we get artistic with the annual Souvenirs of Downtown “Plein Air Paint Out.” This three-day event is one of my favorite Main Street Fort Pierce programs. Artists from near and far converge on our historic district and work their magic as they create beautiful paintings of our community. This is a ‘do-not-miss’ event! Not only can you take a leisurely stroll around the downtown area and find artists hard at work, you can attend our free public receptions held that Thursday and Friday evening and mingle with the artists while picking up some new art for your home. The Plein Air is scheduled for April 16 through 18.

Both the Bev Smith Automotive Group’s “Taste of the Sea” & “Sandy Shoes” Seafood Festival and the Souvenirs of Downtown “Plein Air Paint Out” are just two examples of the more than 30 free public events Main Street Fort Pierce produces each year for the community. Our goal is to provide fun, family-oriented reasons to come downtown and enjoy the amenities our city has to offer. None of these events would happen without our sponsors, members, and wonderful volunteers.

Finally, April will be my last month serving as President of the Main Street Board of Directors. It has been a privilege to serve on the Executive Committee of this great organization and I am extremely pleased to know that I will be handing over the reigns to a most deserving and committed Board member. Sue Dannanhower has been nominated as the new President and I can’t think of anyone who has given more of her time and talents to MSFP. Sue can be found at the MSFP office pretty much every day. She took her idea of creating Trolley Tours of the district and turned it into a reality in partnership with the City. She serves on virtually every committee MSFP puts together and I can honestly say that without her active involvement in so many of our events we couldn’t get it done. Congratulations, Sue, and thank you for all of your past contributions and to the many you’ll make in the future as our new Board leader.
**Empty Bowls Project Coming to Fort Pierce Farmers Market April 12**

The Sixth Annual Empty Bowls Project will once again serve up soup and ceramics for a worthy cause from 8 a.m. to noon on Saturday, April 12th at the Downtown Fort Pierce Farmers’ Market.

Original beautifully painted ceramic bowls handcrafted by Sr. Lucie Covenant Public and private school art students will be sold for $15 each. All proceeds will go to the Treasure Coast Food Bank to help feed the hungry and fill someone else’s empty bowl.

Empty Bowls is an international grassroots effort to fight hunger and was created by The Imagine Render Group. The basic premise is simple: potters and craftspersons, educators, and others, work with the community to create handcrafted bowls. Guests are invited to a simple meal of soup and bread. In exchange for a small donation, guests are asked to keep a bowl as a reminder of all the empty bowls in the world. The money raised is donated to an organization working to end hunger and food insecurity.

About 500 soup-sized bowls decorated by students and teachers from Lincoln Park Academy, John Carroll Catholic High School, Francis K. Sweet Elementary, St. Lucie West Centennial High School, and Fort Pierce Central High School will be sold throughout the morning. Culinary Arts students from Fort Pierce Central High School also will serve a bowl of soup and a slice of bread to accompany each purchase. Many millions of dollars have been raised through the Empty Bowl organization and proceeds have been donated to hunger-fighting organizations such as our local Treasure Coast Food Bank. Come and join in the festivities and show your support for the Empty Bowl Organization and the Treasure Coast Food Bank from 8 a.m. to noon on Saturday, April 12th at the Downtown Fort Pierce Farmers’ Market.
Sunrise Gallery & School of Art Open in Fort Pierce

by Sue Dannahower

The Sunrise Gallery & School of Art opened in Historic Downtown Fort Pierce in February, 2014. The studio is blooming with vibrant artwork and offers classes in all levels of drawing, painting, printmaking and photography.

Gerald O’Sullivan, the owner and director, studied painting and printmaking at Limerick School of Art and Design in Limerick, Ireland from 1982 to 1986, graduating with a National Diploma in Fine Art. He was awarded the National Diploma for Art and Design Teachers in 1988 and the Master of Fine Arts Degree (Studio) from Louisiana Tech University in 1992. He has taught and exhibited in Ireland, the United States, Canada, Mexico and Asia. At present he serves as an adjunct professor at Indian River State College and Palm Beach State College.

Unlike college classes, Gerald’s art school is designed to teach in a relaxed environment with a smaller audience (maximum 12 students.) Classes are taught on a monthly basis. New students are encouraged to start with introductory drawing to allow them to develop in other disciplines. Classes are given in all type of mediums: oil, acrylic, watercolor, mixed media and print making. Photography classes are given by Bob Dudley.

Contact Gerald O’Sullivan at the Sunrise Gallery & School of Art at 210A North 2nd Street, Fort Pierce, (772) 807-0107 or geraldosullivan.com.

The hours are: Tuesdays, 12 noon to 6 p.m.; Wednesdays, 9 a.m. to 4 p.m.; Fridays, 9 a.m. to 6 p.m.; Saturdays, 9 a.m. to 6 p.m. Private classes are available by appointment.

Free Art Demos at Platts/Backus House

Art Mundo and Orange Avenue Studios (formerly Art Bank) are happy to be joining the Souvenirs of Downtown Plein Air Paint Out for the third year in a row. On Wednesday, April 16th, through Friday, April 18th, Main Street Fort Pierce will bring a talented cadre of plein air artists to Historic Downtown. The public is welcome to get up close and personal with the talented artists demonstrating various mediums at Main Street’s offices in the Platts/Backus House on the corner of A.E. Backus Avenue and N. 2nd Street. These demos will be presented under the shade of a tent each day of the plein air event. The Orange Avenue Studios have organized a great lineup for this year. Some mediums and artists you may be familiar with and some might be new to you.

There will be demonstrations of woodcarving and wood burning by the local wood artist Joe Miller. Joe and his compatriots carve canes and present them to Purple Heart Veterans at a ceremony honoring them at the National UDT/SEAL Museum. A mosaic demo will be presented by the local mosaic artist Anita Prentice, creator of those mosaic benches you see all over St Lucie County — at the bus stops and in many parks. Jenny Shibona will show her magic with seed beads; Mary Bennett, Doug Macon, Susan Garman and Cheryl Bologlioli all have interesting mixed media techniques to demonstrate. Allie Comer and Martha Cross, of Art Mundo, will show you how to make cool things with fibers. These two artists offer a “Fun and Funky Fibers” class at Art Mundo every Saturday morning from 10:00 a.m. to noon.

Ginny Piech Street and Anita Prentice will present a demo of the art of transforming bare bamboo into garden art. Debi Crouse will demon the art of assemblage or the assembling of various components to compose a piece of art. Debi also mentors a group of student artists from Lincoln Park Academy.

Watch for many of the techniques and various mediums demonstrated during the plein air event to be offered as a class or series of classes at either Art Mundo or the Orange Avenue Studios. Please check the website Artmundo.org for more information about classes and the class schedule.

Art Mundo is located at Orange Avenue Studios, 111 Orange Avenue in Fort Pierce. Studios are open Monday to Friday from 10:00 a.m. to 5:00 p.m. on Saturday from 10:00 a.m. to 1:00 p.m. Evening hours are 5:00 p.m. to 8:00 p.m. the 2nd Wednesday and third Friday of every month. For more information e-mail orangeavestudios@gmail.com.

Free Art Demos at Platts/Backus House

Marie & Bud Reilly from Warwick, NY, won the basket at the March Friday Fest for wearing green.
It's Time for the 3rd Annual Fort Pierce Oyster Festival

The 3rd Annual Fort Pierce Oyster Festival will take place along the Riverwalk in downtown Fort Pierce, on Saturday, April 5, from 10 a.m. to 7 p.m. Festival goers will enjoy delicious oysters, and contribute to a better ecosystem as shells will be gathered for oyster reef restoration projects. This family-friendly festival will feature music, arts and crafts, educational exhibits, a marine flea market, a children's area, food, and more.

“We are very pleased to present the 3rd Annual,” says Andy Brady, President of Sea-Life Habitat Improvement Project, Inc. (SHIP) and the event benefactor. “Our first two years exceeded our expectations with more than 7,500 people coming out for the day (collecting more than 650 gallons of oyster shells) to support the oyster reef restoration projects and to celebrate our most precious asset, the Indian River Lagoon.”

“We continue to learn from our previous events and the 3rd Annual promises to be bigger, better and offer a variety of oyster dishes,” explained Brady. “We received great reviews for our past events from the community, but the one thing that everyone craves is more oyster dishes. So, this year under our two Oyster Tents we will bring back our ever popular Mexicali oysters and will introduce our edition of Oysters Casino. You will also be able to get them raw on the half shell. The Fort Pierce Yacht & Country Club will be serving grilled oysters with garlic butter and that rounds out this year’s oyster menu.”

The “Big Red Bus” will be at this year’s festival, so plan to make your contribution to help save a life. This event is being produced by Sea-Life Habitat Improvement Project, Inc., with the support of the City of Fort Pierce, Fort Pierce City Marina, Fort Pierce Yacht & Country Club, Manatee Observation & Education Center, St. Lucie County and the COSEE Florida. Sponsors, vendors and volunteers are needed. For more information contact April Price (772) 285-1646 or go to our web site at www.FtPierceOysterFest.com.

Sea-Life Habitat Improvement Project, Inc., is a 501(c) 3 public charity and is dedicated to sinking a large Navy type ship for an Artificial Reef and the enhancement to our artificial reef systems on the Treasure Coast of Florida.
The Downtown Fort Pierce Farmers Market is now in the heights of the season. The weather is warm, the skies are blue and the market is full of vitality and rich food offerings. One of the highlights of the market is to experience the fresh breads, pies and cookies from Desserts by Elaine.

Elaine Weisse has always enjoyed baking for family and friends. Her friends and family encouraged her to take her love for baking to the next level and start marketing her fresh baked goods at local markets. Elaine chose her bakery name because she wanted people to know that she made each and every baked item that she prepared.

Elaine is proud to be a mother and a grandmother first before anything. She then finds time to be a baker, business woman and market vendor. She enjoys seeing past customers and meeting new ones each week. All of her baked goods are prepared fresh and made with local ingredients.

Having grown up in Connecticut, Elaine recounts early childhood memories alongside her mother as she baked in the family kitchen. Elaine went to work at age 16 at the local bakery where she started baking in large quantities. Elaine moved to Florida ten years ago and after having great success selling her fresh products at Friday Fest, her customers encouraged her to sell at the Downtown Fort Pierce Farmers Market and the rest is history.

Elaine speaks of baking as an art and she is constantly developing new recipes while improving and perfecting her existing recipes. All of her products are made from scratch using all wholesome and locally grown ingredients such as zucchini, cranberries, strawberries, blueberries, peaches and sweet potatoes. Fresh ingredients and no preservatives are key to her baked goods.

You might enjoy baking one of Elaine’s most delicious breads. Hummingbird Bread is perhaps her most popular bread and Elaine would like to share her recipe for you to try yourself.

Come and experience the joy of finding freshly made products at the Downtown Fort Pierce Farmers Market. Desserts by Elaine looks forward to meeting you.

Chocolate Zucchini Bread

2 cups of sugar
1 cup of vegetable oil
3 large eggs
1 teaspoon of real vanilla extract
2 1/2 cups all purpose flour
1/2 cup Hershey’s cocoa powder
1 teaspoon salt
1 teaspoon baking soda
1 teaspoon ground cinnamon
1/4 teaspoon baking powder
2 cups of shredded fresh zucchini

Beat eggs until frothy, add oil, sugar, vanilla, shredded zucchini and blend. Add all dry ingredients and mix just until all blended.

Coat two 8-inch by 4 inch bread pans with cooking spray and divide mixture into two pans. Bake at 350 degrees for 50 – 60 minutes or until done. Let cool in pans for 10 minutes before transferring bread to wire rack to cool completely. Yield: 2 loaves.
Volunteers are the Life Blood of Main Street Fort Pierce
by Joanne Blandford

Most people have passions in life — causes they support to help their community and to cleanse their souls. Non-profits are developed to help these causes by giving them a voice and an organized structure in order to accomplish its goals. The most valuable assets of a nonprofit organization are its volunteers.

The mission of Main Street Fort Pierce is to promote & support the redevelopment and restoration of Fort Pierce’s original historic commercial center. Main Street Fort Pierce is a 501©3 nonprofit organization that follows the National Trust’s Main Street program, which has restored historic cities and towns throughout the United States. Main Street Fort Pierce would like to thank all the men, women, and children that help organize and run its events. Without these wonderful people there would be no Friday Fests, Sights and Sounds on Second Holiday Festival & Parade, Stars Over St. Lucie 4th of July Festival, Ghosts of Fort Pierce Past Walking Tours, and this month’s 7th Annual Souvenirs of Downtown “Plein Air Paint Out.” These are all FREE public events that require many volunteers to operate.

Providing public events to bring people to downtown Fort Pierce is only one of the many services Main Street provides for the community; however, these events serve a very important purpose and also help fund other projects to continue to improve historic downtown Fort Pierce. None of these would be possible without volunteers.

The (volunteer) board and staff of Main Street Fort Pierce invite all its volunteers to its annual meeting in May for formal recognition. Any potential future volunteers are welcome to stop by the Main Street Fort Pierce office located at the Platts/Backus house, 122 A.E. Backus Drive in Fort Pierce. Call 772-466-3880 or visit www.mainstreetfortpierce.org for more information about volunteer opportunities.
It eventually happens to all of us at least once. Among the hundreds of lousy snapshots that clutter our lives, we take a truly great photograph. If you have a wonderful shot, or know someone who does, read on. It is time to enter the A.E. Backus Museum’s annual “Through the Eye of the Camera” juried photography competition, sponsored by Mike and Janie Hinkle of Jiffy Photo and Framing. Interested in entering? Now is the time to get ready. If you are like most people, you have literally hundreds of photographs trapped on your computer, in your smartphone or on CDs stacked on your desk. Now is the time to bite the bullet, grab the bull by the horns, get the lead out and go through them. Quit procrastinating. Delete the lousy ones and organize the good ones. There might be a prizewinner among them.

The Juried Photo Show is open to all photographers; both amateurs and professionals. This is a judged competition so there are no guarantees. Your photograph may make the wall, or you may get the call telling you that it is not in the exhibit. You will never know unless you try. Even if your photograph is not accepted, every participant is invited to attend the opening reception to rub elbows with other photo-enthusiasts, eat the tasty food, drink cheap wine and criticize the judges.

There are seven distinct categories to enter and a $25 entry fee for each photograph submitted. Winners in each category receive cash prizes from the Museum and gifts from the sponsor, Jiffy Photo and Framing. Every photograph must be framed, under glass or plexi and properly wired. It must measure at least 8 inches in one direction (the diagonal does not count) but it can be as large as you wish. Presentation counts, so frame it nicely. If you don’t think enough of it to frame it well, chances are the judges won’t either. Complete rules, explanations and an application are on the Museum’s website, www.backusmuseum.com. If you do not have a computer, call the Museum, (772) 465-0630, and receive an application by mail.

The world of photography has changed dramatically in the past decade or so. Technology has taken the art form by storm and there is no turning back. Fifteen years ago, there was no digital category in this competition. In fact, digital cameras were really just catching on. Back then, digital photography was not considered “real photography.” If it was not film, it was not valid. Today, the competition has five different digital categories. Believe it or not, one winning photograph in last year’s competition was taken on an iPhone.

Photography is an egalitarian art form. With a good eye, good luck and some decent equipment, even a rank amateur can capture a winning image and take home a prize. Why not try your luck and take the plunge? Enter the A.E. Backus Museum’s annual juried photography completion and you may come out a winner. If not, at least you get invited to a great party.

Entries will be accepted April 16 through May 3, 2014; Wednesday to Saturday, 10 a.m. to 3 p.m., and Sunday, noon to 3 p.m. The Museum will be closed Easter Sunday and is closed every Monday and Tuesday. No entries accepted after 3 p.m., Saturday, May 3, 2014. The exhibition runs from Thursday, May 8 through Friday, July 11, 2014. The A.E. Backus Museum is a not-for-profit visual arts facility. All donations are tax-deductible. For more information about Museum memberships or entering the juried photography show please contact the A.E. Backus Museum at (772) 465-0630, on the web www.backusmuseum.com. The A.E. Backus Museum of Art is located at 500 N. Indian River Drive in downtown Fort Pierce. Open Wednesday – Saturday, 10 a.m. – 4 p.m., Sunday noon – 4 p.m., closed Monday and Tuesday. Admission is $2 per person. Children under 10 and students with a valid school I.D. are free. The first Sunday of the month is Family Day and admission is free.

Shutter Bug Alert
by Kathleen Fredrick, Executive Director of the A.E. Backus Museum of Art
7th Annual Souvenirs of Downtown “Plein Air Paint Out”

by Sue Dannahower

Main Street Fort Pierce’s 7th Annual Souvenirs of Downtown “Plein Air Paint Out” is about capturing unique, one-of-a-kind treasures that will be valuable for many generations to come. Beautiful works of art will be produced during the 7th Annual Souvenirs of Downtown “Plein Air Paint Out” to be held on April 16, 17 & 18.

A diverse group of more than 30 artists from around the state of Florida will converge on historic downtown Fort Pierce and surrounding areas capturing the treasures hidden right before our eyes. Oils, pastels, acrylic, watercolors, and more will be the medium of choice for these remarkable Plein Air artists. Join us to celebrate the amazing tropical paradise we live in.

The phrase “En Plein Air” is French, meaning “outdoors in the open air,” and is a unique form of painting which became extremely popular in France and Germany in the 1800s. Claude Monet is credited for being the founder of plein air, or painting. Much of her recent paintings depict Florida land and seascapes painted plein air. The sculpture pieces are primarily designed for gardens, in ponds as fountainheads or in planting beds.

The public is encouraged watch the artists paint and interact with them about their artwork. Just like those early masters, the April Plein Air artist will use the same techniques of loose brush strokes and simplification of details to relay to the viewer their unique impressions of our unique area. A true plein air painting is done on location, capturing the atmosphere of the moment. The artist is challenged by light changes as the sun moves across the sky and shadows are cast where once there were none. Most artists agree this is the true test of skill as it requires complete confidence in placement of color and brushwork in a short amount of time.

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The 7th Annual Souvenirs of Downtown “Plein Air Paint Out” will showcase the following artists: Laurie Aguera-Atac, Kirsten Andreason, Lis Bech, Colleen Nash Becht, Judith Bertendorf, Adriana Bitter, Dave Blanchard, Carol Boys, Marcy Brennan, Edward Bryan, Judy Burgartella, Charles Dickinson, Sue Dinnenho, Coree Ermeston, Ellen E. Fischer, Sylvia Foster, Duane Hatfield, Dorothy Hudson, Christine Kling, Vera Mango, Lori McNamara, Harry McVay, Diane Mesagno, Dawn K. Mill, Dawn E. Miller, Marie Morrow, Sally Browning Pearson, Robin Popp, Marlene Putnam, Robert Quarry Jr., Lee G. Smith, Barbara May Smythers, Christine Thomas and Emily Reeves Tremml. Our cover “featured” artist this year is Diane Mesagno. Diane was born and raised in New York City. She graduated the New York Institute of Technology with a degree in Architecture. Before embarking on a career in Architecture, she studied sculpture in Austria. Since moving to Florida, she has devoted her time to the disciplines of Fine Art; oils and acrylic painting, sculpture, murals and faux finish painting. Much of her recent paintings depict Florida land and seascapes painted plein air. The sculpture pieces are primarily designed for gardens, in ponds as fountainheads or in planting beds.

The public is encouraged watch the artists paint and interact with them about their artwork. Stop by the Platts/Backus House to pick up a “Collector’s Edition” artist booklet and to check the map to see where your favorite artist may be painting. While at the Platts/Backus House, join us for a series of art demonstrations provided by artists from Art Mundo. Schedules for these special demonstrations are listed in the Art Mundo article in this month’s Focus magazine.

Starting Wednesday, April 16, through Friday, April 18, artists will be painting from 9:00 a.m. to 4:00 p.m. daily. Wednesday is “No Boundaries” where artists can be anywhere, anytime. While at the Platts/Backus House, join us for a series of art demonstrations provided by artists from Art Mundo. Schedules for these special demonstrations are listed in the Art Mundo article in this month’s Focus magazine.

Please plan to visit Main Street Fort Pierce at the Platts/Backus House located at 122 A.E. Backus Avenue (corner of 2nd Street and A.E. Backus Avenue) in Historic Downtown Fort Pierce during the 7th Annual Souvenirs of Downtown “Plein Air Paint Out.” All the paintings by these well-known Florida artists will be on display immediately upon completion.

If you love the artwork you watched an artist produced, you will have the opportunity to purchase that piece of art. A portion of the proceeds from the sale of every piece painted during the paint out will go to the preservation of the 119-year-old Platt’s/Backus House. So not only are you getting a piece of history created before your eyes, but you will be saving an historic building with its own wonderful story.

Win this Original “Colleen Nash Becht” Watercolor

by Sue Dannahower

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Unique and Healthy Juice Bar & Coffee Shop

by Sue Dannahower

The One Yoga Planet Co-Op and Market is a unique space opening in April 2014. They will offer organic juices, smoothies, light organic foods, organic coffees and teas, gluten-free and regular baked goods, healthy cooking workshops, WIFI, evenings with music, beer, and wine, and light fare.

The OYP Co-op is a cooperative of a variety of cultural and holistic interests coming together to create a hub for the community to gather and nourish their bodies, minds, and spirit. This is a space where folks can come together creating a cooperative environment, as well as offering a membership co-op where members can purchase organic produce at affordable prices. Members of the food co-op can enjoy farm-to-table produce on a weekly basis.

This is a family-run business joining both owners, Margarida Tree and her husband Gerald O’Sullivan. Margarida also owns One Yoga Planet Yoga School and has been teaching yoga for 23 years. The yoga school will be open nine years in downtown Fort Pierce this May and needed to expand to host a space for people and students to connect outside of class. Having worked in co-ops in Portland, Oregon, and spending many years in the “healthy” food industry, Margarida saw the positive impact both had in communities she lived in and has wanted to bring this type of environment to Fort Pierce. Her husband, Gerald O’Sullivan, Irish painter, art teacher, musician, and co-owner, will be handling the art exhibitions that will be rotating on the walls and presenting live music on the weekends. He also manages his own art gallery and school in the Second St. building.

The OYP Co-op and Market is a positive environment, choosing organic, local, and slow food whenever possible. This is a place for people to come together and connect, whether it’s fresh squeezed juice, coffee, breakfast, lunch or to grab a meal on the go. The menu is simple, seasonal and is made on site from scratch. They use local and organic ingredients whenever possible. This is a “chill” out place to hang out with a relaxed vibe in an artsy environment.

One Yoga Planet Co-op and Market is located at 116 Avenue A in Historic Downtown Fort Pierce. They will be open Tuesday through Saturday for breakfast, lunch, and selected evenings. For more information please call (772) 318-9695, visit margarida@oneyogaplanet.com or check the website for information regarding upcoming events at www.oneyogaplanet.com.
New Book Honors Fort Pierce's Legendary Locals

Local author celebrates notable residents using spectacular, vintage images

A new local history book reveals the intriguing characters and everyday citizens who have made Fort Pierce's history legendary. *Legendary Locals of Fort Pierce* shares the stories of unique individuals and groups, past and present, who have had a lasting impact on the community throughout its history.

Vintage images coupled with facts and anecdotes culled by local author Jean Ellen Wilson reveal the fascinating history of legendary locals in Fort Pierce. Known to many as the Sunrise City, Fort Pierce is home to a diverse community that has opened its doors to innovation without forgetting its rich history as the oldest town on the Lower Indian River.

"Collecting the images and information for *Legendary Locals of Fort Pierce* has allowed me to meet interesting folks I had only heard about, and to discover new depths of talent and experience in people I know," said author Jean Ellen Wilson. The book covers both town greats and unsung heroes like John Brandon, the modern day treasure hunter who captained his first salvage ship at 19; Edwin Binney, the inventor and manufacturer of Crayola who became a large investor in Fort Pierce after noticing the town from the deck of his yacht; and Dorothy Brennan, the founder of the non-profit organization Learn to Read of St. Lucie County which currently serves 450 students in the effort to eradicate adult illiteracy.

Wilson is excited to share the new book with locals. "I would feel amply rewarded if the people who have deep roots here feel I have done a fair job of telling their extraordinary story," she said.

The book will be available at events, area bookstores, independent retailers, online retailers, and through the publisher at www.legendarylocals.com or (888)-313-2665.

*Legendary Locals* is an imprint of Arcadia Publishing, the nation's leading publisher of local and regional history in the United States.

Jean Ellen Wilson's interest in history was born when, as a child, she heard the stories of the pioneers and patriots in her own family. Her line of Wilsons were pioneers in Pennsylvania, North Carolina, Tennessee, Illinois and Missouri as each new generation moved west from Philadelphia to Springfield. She could people the plane of history she studied in school with her own ancestors: a captain at Cowpens, a grandmother on the banks of the Wabash, a great-grandfather whose brother chose the opposite side in the Civil War. Though not a native Floridian, she came south with the family when her father came to Fort Pierce on the promise of a job in the Depression 30s.

Wilson has devoted a decade of retirement to studying and researching local history. "I would feel amply rewarded if the people who have deep roots here feel I have done a fair job of telling their extraordinary story and manage to engage readers who are not old-timers enough that they appreciate the many layers of fascinating history of the Lower Indian River where they have chosen to live."
To Market, To Market, And All That Jazz!

by Wendy Dwyer

Whew! What a week of music! Eight straight days of fabulous jazz, blues, Latin, R&B, swamp funk, zydeco, soul, and rock & roll — all with scarcely a beat between sets. If you came out to enjoy the music and made a donation, we thank you profusely. We work hard all year long to bring great music to the Treasure Coast and to raise funds to provide scholarships for promising young musicians.

In addition to our annual music festival, the Fort Pierce Jazz & Blues Society coordinates the Saturday Morning Jazz Market year round. The Jazz Market operates along side the Farmer’s Market down by the waterside between Melody Lane and Indian River Drive. It is a weekly gathering of over 100 artisans and craftspeople displaying and selling their treasures and creations. Since 2003, when Jazz Society volunteers and eleven vendors set up card tables and unloaded the backs of their vans and pick-ups, the Jazz Market has been a magnet for the multitudes. It’s grown larger, more diverse, and much more entertaining since those early days. Every month we feature a musical guest in the gazebo and thousands come out every week to enjoy shopping in the open air with the briny breezes keeping it cool and comfortable.

On any given Saturday you can find stained glass sun catchers, hand-woven scarves, carved wood furniture or Love, Jazz, Community: To Market, To Market, And All That Jazz!, paintings by locally renowned artists (including some of the famed Highwaymen), soaps, candles, hand-painted glassware, and so many one-of-a-kind gifts, gewgaws, and gadgets. It’s hard to walk away empty! Locals, seasonal visitors, and tourists all love the leisurely pace of a Saturday morning stroll through our Jazz Market, which is listed as one of the best in the state. It’s also terrific to know that this weekly endeavor helps fund scholarships, master classes, events, and cultural opportunities for our community all year long.

The Saturday Morning Jazz Market is just one facet of the incredible and dedicated work accomplished by members of the Fort Pierce Jazz & Blues Society. All year long, our members work hard to present jazz and blues to the area by making these two American musical art forms available on a regular basis in order to foster greater appreciation and understanding. The Society hosts live events (many of which are free to the public), maintains an active and free Master’s Class program for area schools and offers merit scholarships to qualified local high school seniors. The Society will also be hosting its 3rd Annual Summer Jazz Camp this summer.

If you’re not a member already, I invite you to join today. Memberships don’t cost a lot, but the benefits are both local and global, and the music is well worth it. If you’d like to know what’s on our calendar, visit us at www.jazzsociety.org, or call our Jazz Hotline at 722-460-JAZZ (5299).
Introducing health and wellness into your life may seem intimidating at first. I believe it is easier to incorporate change slowly, weekly is best. But for some even monthly is more suitable. I will list 6 of my tips to become a healthier you.

1. Create a vision board. Many people work better with pictures. Take a legal size piece of paper and cut out pictures or sayings that represent health to you. Place them on the paper so they are visually appealing. For some it could be someone doing yoga or maybe a kickboxing class. There is no right or wrong. Place the paper in a spot that you will see every day. You can add to it as your health improves or something new attracts you. My vision board is the size of poster board.

2. Get 20 minutes of fresh air a day. That's right I didn't say exercise. For now! Please try to avoid areas that are sprayed with chemicals (for instance golf courses) just go outdoors and breath and have fun.

3. Drink 5 ounces of water every hour you’re awake. It is important not to drink too much and skip the rest of the day.

4. Add one new vegetable per week that you have never tried. Get recipes. Be creative!

5. Study 10 minutes a week about a body part. This is critical to understand what true health is. Always keep in mind the body, mind and spirit all work together.

6. Eat something raw three times a day. Preferably vegetables. Today’s fruits have too much sugar.

Simple Ways to Begin a Natural Lifestyle
by Joanne Augusto, Owner Nutrition World

Art Mundo Loves Their Volunteers
by Holly Thews and Martha Cross

Volunteers are the life-blood of any nonprofit organization and Art Mundo is proud to be considered a fun place to volunteer. Miriam DeWaal is Art Mundo’s Volunteer Coordinator and she manages a cadre of volunteers – some of whom are pictured. These beautiful ladies, many from Ocean Village, pour the wine, sell tee-shirts and 50/50 raffle tickets at the monthly 2nd Wednesday Art Walks.

Art Mundo has too many wonderful volunteers to list, however, there are a few that deserve a special thank you – Donna Beck for helping in the office; the students from John Carroll High School who made “flamingo paddles” for the Calendart Auction; students who fulfill their community service hour requirements by volunteering at Art Mundo; all of the hosts of the “Home is Where the Art Is” fund raising series; and all of the artists who donate the fabulous work that makes the annual Calendart fund raiser such a success. So many people give so much time to Art Mundo. These people and their love of the arts and Fort Pierce are a big part of what makes Fort Pierce such a great place to live, work and play.

There is always room for more volunteers – no experience necessary – the only requirement is time to give, a sense of humor and the desire to have fun and make some new friends. Art Mundo is located at 111 Orange Ave in historic downtown Fort Pierce. Please contact Shelly Polvere at 772-466-1010 or artmundo.org@gmail.com for more information on how you can become an Art Mundo volunteer.

We Love our Volunteers! Left to right Marcella Arden, Miriam DeWaal, Lillian Aguiar, Ruth Flanagan and Judith Sharpe-Ley.
Spring Fishing Update
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. April weather is often a mix of winter weather changing to our beautiful spring conditions. Expect to see more of those great days for getting outdoors as the month progresses.

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 fishing offshore has been very good recently with a variety of species being taken. Remember many species have size or bag limits and some, like grouper have closed seasons. Check with the Florida Wildlife Commission online for legalities.

Fishing the lagoon has been good with a variety of species being reported every week. Trout fishing on the flats has been very good with a number of nice catches on live shrimp and soft plastic baits. A few redfish are being taken, mostly to our north. The redfish bite should pick up as the water warms in April. Sheepshead are abundant near any structure like pilings and bridges. Snook are on and off in the turning basin.

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 may need a license to fish and many species have bag limits and/or size limits. Check with FWC or local tackle shops for information on licensing and regulations.

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

Smoked Salmon Display “Beautiful Food”

In keeping with this month’s Plein Air “artsy” theme I am sharing my husband Dan’s fabulous smoked salmon recipe. The basic recipe came from “Little Chief” Smoker cookbook. He has had his smoker forever — this is the most requested appetizer for all our parties and catering. Once it’s garnished it is a work of art! I will be serving our smoked salmon during both of Main Street’s Plein Air receptions.

Brine:
1/3 cup sugar
1/4 cup non-iodized salt
2 cups soy sauce
1/2 teaspoon onion powder
1/2 teaspoon garlic powder
1/2 teaspoon pepper
1/2 teaspoon Tabasco sauce
1 teaspoon orange zest
1 teaspoon orange juice
1 cup dry white wine

Garnish:
Cucumbers
Capers, red onions, sour cream

Combine brine ingredients in a two-gallon baggy. Add salmon and enough water to cover filets. Marinade in refrigerator for two days, turning every 6 – 8 hours so it brines evenly.

Remove from brine and discard liquid. Pat salmon dry with paper towels. Place filets on the smoker rack (outside the smoker) and completely air dry; this may take several hours.

Place the dried filets in the smoker. Fill flavor pan with hickory or alder chips twice (once when you start the cooker and then again during the second hour.) Smoking may take 8 or more hours depending upon the thickness the salmon and how dry you want it.

Makes: 2 salmon filets (you can freeze for up to 3 months).

Acacia Animal Clinic
Thomas Finch, VMD

4798 South US 1, White City
Del Rio Plaza
772.465.2447

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Sunrise Theatre
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The Best Entertainment on the Treasure Coast

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Friday, April 4, 8pm

Ronnie Milsap
The 40-40 Vision Tour
Sunday, April 6, 7pm

Dennis DeYoung
The Music of Styx
Friday, April 11, 8pm

One Night of Queen
Performed by Gary Mullen & The Works
Friday, April 18, 8pm

Boz Scaggs
The Memphis Tour
Saturday, May 3, 8pm

Bill Maher
Comedian
Saturday, May 17, 8pm

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