Main Street Fort Pierce hosts the 19th Annual Reverse Raffle Live & Silent Auctions Saturday, August 17 at the Pelican Yacht Club.
Main Street Fort Pierce Celebrates Community Outreach

by Beth Williams

This month, we are celebrating the 9th Anniversary of the MSFP Focus! This monthly publication has evolved over the years to become a very valuable and popular magazine for our historic district. We’ve been able to share good news about the many improvements downtown, including the businesses — both long-time and new — that make visiting the heart of the city enjoyable for everyone. We’ve featured the unique people who have been a part of MSFP and the district’s re-development and rebirth over the last 25 years. We give you information on upcoming events and the many ways you can enjoy beautiful downtown Fort Pierce.

Producing the Focus each month is a labor of love for many volunteers who contribute articles and photographs to keep it interesting. It’s an investment for our wonderful advertisers who appreciate the affordable and well-read magazine as an effective marketing tool. And for our readers it’s a great way to keep updated on the people, places, and happenings that make our community unique.

Thanks to everyone who has been a part of making the Focus a positive and powerful part of MSFP’s efforts throughout the years. If you would like to be part of the team of writers who contribute each month, we’d love to include you! We can always use volunteers who enjoy writing and would like to help get our the good word about historic downtown. If you would like to help, please give us a call at the office — volunteers are always needed and appreciated!

The Annual Reverse Raffle is just a few weeks away. I hope you’ve already purchased your tickets and plan on spending a fun evening with the nicest people in the community! This year’s theme is American Bandstand, so plan on rocking away the night with some oldies but goodies. Call the office at 772-466-3880 to reserve your tickets today!
Another Man’s Treasure Sale

by Kathleen Frederick

Estate jewelry, antique furniture, sculpture, fine linens, framed artwork, decorative objects, art glass, books, designer handbags, sporting equipment and much more can be found at unbelievable prices at the A.E. Backus Museum’s annual “Another Man’s Treasure Sale.” This not-to-be-missed, bargain-shopping extravaganza will be held on Friday, September 13th and Saturday, September 14th. Friday is a Member’s Sale, from 5 p.m. to 7 p.m., and is open only to those with current Museum memberships, though anyone may join at the door the evening of the Member’s Sale. Saturday’s sale is open to the public from 9 a.m. – 3 p.m. Admission is free.

Items in the sale are donated to the Museum. Let’s face it — most of us have way too much stuff. Why not sort through your closets, clear out the garage, organize those kitchen cupboards and donate what you can live without to the Backus Museum? All donations to the Museum are tax-deductible. This is a once-a-year sale and the success of it is dependent upon the generosity of the public. Donations may be delivered to the Museum or pick-up is available for larger items or for those unable to bring their treasures in. Please call the Museum for more information on donations.

The Museum closes to the public from the beginning of August until after the Treasure Sale is completed but the offices are staffed on a part-time basis. If you wish to bring in a donation, please call ahead to make certain that a staff person will be on hand to receive it. For more information about Museum memberships, making donations to the sale or arranging for pick-up of larger items please contact the A.E. Backus Museum at 772-465-0630, info@backusmuseum.com. The A.E. Backus Museum of Art is located at 500 N. Indian River Drive in downtown Fort Pierce.
Derma Tech Day Spa is a full service spa that has been in Downtown Fort Pierce since 1996. Owner, Roxanne Bachman specializes in a variety of skin treatments, high performance clinical and anti-aging therapy facials. The day spa offers massage and body treatments, waxing, lash tinting, nail treatments and hair services.

Roxanne Bachman is a long distance runner and is a supporter of athletics in our community. Recently she was approached by the Lincoln Park Academy Cross Country Team to support their first 5K Greyhound Dash. Due to her concerns over budget cuts and wanting to support LPA, she has stepped in as one of the sponsors of the event.

The LPA 5K Greyhound Dash will be held on Saturday, August 17, at the Old Outlet Mall off Peters Road in Fort Pierce. Registration opens at 6:00 a.m. and the race begins at 7:00 a.m. The cost to participate in the 5K is $15 for students and $20 for adults when paid in advance; race day cost is $25 for all. If you are interested in participating in the race or sponsoring the LPA 5K Greyhound Dash, call Audra Macon at 772-216-0986.

At the time of printing other sponsors for the LPA Greyhound Dash are Drawdy Concrete Construction, Center- State Bank, Fort Pierce Utilities, Commissioner Kim Johnson, Mario Ferazzoli & Son Tile and Marble, Oculina Bank, Flash Auto Electric, the Pruitt Family, Domenick’s Corner Grill, Jonathan Jay Kirschner, Esq., Treasure Coast Management Foundation, and the Undercover Skate Shop.

Derma Tech Day Spa is located at 210 Orange Avenue, Fort Pierce, Florida. The salon hours are Tuesday and Thursday, 9:00 a.m. to 7:00 p.m.; Wednesday and Friday, 9:00 a.m. to 5:00 p.m.; Saturday, 9:00 a.m. to 4:00 p.m.; closed on Sunday and Monday. For more information on salon services or to make an appointment, please call Roxanne at 467-0607.
City of Fort Pierce Begins Single-Stream Cart Recycling with Grand Opening of Waste Management’s New Facility

The City of Fort Pierce and Waste Management hosted a “First Truck” ceremony to mark the opening of its new $1.5 million Fort Pierce Transfer Station at 3890 Selvitz Road on Tuesday, July 16. The event kicked off the city’s new Single-Stream Cart recycling program.

Approximately 5,000, 64-gallon blue carts on wheels are currently being delivered to Fort Pierce households to expand recycling capacity and collection at the new facility. The Waste Management Fort Pierce Transfer Station can accept up to 150 tons of municipal solid waste, construction and demolition debris, recyclables and bulk materials for sorting and transfer.

“Our new cart recycling program gives residents expanded capacity to recycle more household items, keeping trash out of our landfills and improving the environment,” said Fort Pierce Mayor Linda Hudson. “The City of Fort Pierce is pleased to mark this expanded recycling program as well as the opening of the new transfer station. Residents currently recycle about 15% of their waste and our goal is to increase that to 45% with the new carts,” added Hudson.

Fort Pierce residents can put all recyclables into the blue carts including cardboard, newspapers, mixed paper, boxboard and paper cartons, plastic bottles and containers, steel and aluminum cans, and glass bottles and jars. Remaining waste will be transported to Waste Management’s Okeechobee Landfill for disposal.

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Edgartown Thriving Again

by Keith Lustig

The Florida Star: October 6, 1887. Dateline EDGARTOWN. “This is the name of our new town,” the column began, and then went on to report that the blacksmith shop is open, Mrs. Olmstead is sick, Monday is a road work day for residents, and Captain Harvey is to take P.P. Cobb sailing.

Edgartown was founded north of what would later be known as Fort Pierce. The plat submitted to Brevard County included ten blocks and 122 lots. The heart of the new village was Union Street (later called Pine and is now Second Street). Alfred and Lucinda Lagow submitted the plat of the new town and named it after their grandson Edgar.

The area near Taylor Creek was originally owned by the Bell family. After the Lagow’s daughter married the Bell’s son, the new couple homesteaded 43 acres in the area now known as North 2nd Street.

The couple built a boarding house/hotel called the Edgar House on Union Street in 1887 which became the center of pioneer social life in the area. The village residents were primarily fishermen and railroad workers. They traded extensively with the Seminole Indians. Edgartown boasted not only the hotel, but also the first school, church, general store, and doctor in the area.

The building known as Cobbs Landing was sold to P.P. Cobb by Mr. Hoagg, and later the cannery was built. As the area south of Edgartown grew, it eventually became known as Fort Pierce in 1901. For several years many prominent families such as the Bells, the McCartys, the Platts and the Hoaggs all resided in Edgartown.

The next resurgence of Edgartown came in the 1920s. New homes were built to hold the workers from the cannery and the Flagler Railroad and of course the fishermen. The community continued to flourish independently until it was incorporated into the city of Fort Pierce. Over time, the Edgartown area fell on hard times and began to slowly deteriorate.

Within the last several years, Edgartown was deemed a historic district by the city due to both its rich history and architecture. Once again new residents moved in and began the long process of restoring the area. At this point many of the homes have been brought back to their turn-of-the-century glory. Second Street still is the home to residents that have lived their entire life in the neighborhood. Recently the original 10 block area has been rezoned to mixed use.

This new zoning has allowed for small businesses to start up in the area. This is a huge step in making the streets north of downtown Fort Pierce a walking neighborhood once again. New businesses have started to appear including, Whimsy, the Sailfish Brewery, PNC Bank, lawyers, realtors, and of course Downtown Main Street.

This small area is once again a vital part of downtown Fort Pierce. There are plans for a national pedestrian path to go through the heart of Edgartown, placing the area onto the National Register of Historic Places, and adding it to the Downtown Main Street annual ghost walk this fall. As this area steeped in history reinvents itself once more, take an afternoon to stroll down the streets to view the neighborhood as it was over 100 years ago.
Everybody has their favorite music of the past. For decades, from 1952 until it went off the air in 1989, American Bandstand was the top music and dance show. Teenagers across the nation tuned in daily to watch the newest musicians and newest dances.

American Bandstand brought the legendary Dick Clark in 1956 and “The Stroll” in 1957. The show was popular for featuring the Top 10 Billboard songs every week, bringing up-and-coming bands into the spotlight and showcasing many new dance moves from their local Philadelphia and LA dance stars. American Bandstand has lots of memories for all of us and Main Street is looking forward to returning to the days of music, dancing and rock-’n-roll during the 19th Annual Reverse Raffle, Live and Silent Auction. This year’s event theme is “American Bandstand.”

The “American Bandstand” Reverse Raffle will be held on Saturday, August 17, at the Pelican Yacht Club on Seaway Drive in Fort Pierce. The event starts at 6:00 p.m. with registration, dancing, and the silent auction. The Reverse Raffle drawing will begin at 6:30 p.m.

What is a Reverse Raffle? A Reverse Raffle begins with 250 numbers all win a prize starting at $100 and ending with the number called wins $50, up to the 225th number. The last 10 numbers. The first number wins $100 and then every 25th number will be called for a prize. Teenagers across the nation tuned in daily to watch the newest musicians and newest dances.

Seacoast National Bank's event theme is “American Bandstand.”

The “American Bandstand” Reverse Raffle will be held on Saturday, August 17, at the Pelican Yacht Club on Seaway Drive in Fort Pierce. The event starts at 6:00 p.m. with registration, dancing, and the silent auction. The Reverse Raffle drawing will begin at 6:30 p.m.

What is a Reverse Raffle? A Reverse Raffle begins with 250 numbers. The first number wins $100 and then every 25th number called wins $50, up to the 225th number. The last 10 numbers all win a prize starting at $100 and ending with the grand prize of $2,000.

Only 250 tickets will be sold for the raffle. Each ticket is $100.00 and entitles the ticket holder to one number, admission for two, light appetizers, music, dancing, and a fabulous live and silent auction. Tickets are limited, advanced ticket purchase only, and no tickets will be available at the door. Main Street Fort Pierce hopes you will join us for a fun evening of dancing and music.

Dick Clark Sponsor
Treasure Coast Healthcare System
High quality cardiac services are a hallmark of the Treasure Coast Healthcare System. With the opening of Lawnwood Regional Medical Center's cardiac cath lab in 1988, St. Lucie Medical Center's lab in 1997, and the launch of open-heart services with the addition of The Heart Institute at LRMC in 1999, the system has grown to meet a full range of patient needs when it’s a matter of the heart. In July 2011, SLMC’s lab received a major renovation and began offering interventional procedures as well.

Over the years services at both facilities have improved and patients have benefited from leading edge technology and techniques in order to experience the best outcomes. A patient’s experience may begin with a stress test and diagnostic catheterization at one of the hospitals. When intervention is required, both hospitals are now well-equipped to provide PCI (angioplasty) in order to remove a blockage. And, if surgery is imminent, The Heart Institute at Lawnwood is an award-winning open heart destination.

Along with traditional cardiac catheterization, both hospitals now offer patients an option using the radial approach. Using the artery in the patient’s wrist rather than the groin, this approach provides excellent results including less bleeding and swelling, along with quicker recovery time. Patients are able to sit and stand almost immediately and leave the hospital with a simple band aid on their wrist.

The Treasure Coast Healthcare System is well staffed with talented, specially trained hospital personnel, cardiologists, and cardiac surgeons who have a wealth of experience and a passion for quality heart care.

Rock-n-Roll Sponsor
Seacoast National Bank
Seacoast National Bank is “Here for you … Then and Now.” Since 1926, Seacoast National Bank has been your bank, your neighbor and your friend. We’ve been right here — living, working and growing alongside the communities we serve. Today our offices stretch from Palm Beach County north through the Treasure Coast and into Orlando, and west to Okeechobee and surrounding counties. Seacoast is one of the last community banks left, proud and strong. Some might say it is old fashioned — but this is who we are — a local bank in the communities we serve and proud of it. We exist today to learn and understand the needs of our customers and communities and then work hard to take care of those needs. We are here to support you and help you achieve your dreams.

The bank remains one of the few financial institutions with local decision making and management. In fact, we loaned more purchase money for residential mortgages than any other financial institution on the Treasure Coast in 2012, a Marketec lender profile report recently showed.

We’re so deeply connected to this region that we turned it into a promise, “to invest in you and your community.” You’ll find that promise in every one of our banks — and in all of our hearts. In an ever shifting world, Seacoast National Bank’s earnest dedication to you and your neighbors is one thing that you will always be able to count on.

We love what we do, and it shows. If you bank with us, thank you very much. If you don’t, please give us a try. You won’t be disappointed. Please visit us at SeacoastNational.com or stop by one of our branches and discover the true meaning of customer service.

Spotlight Dance Sponsor
Ocean Chiropractic & Health Center
Visit Ocean Chiropractic & Health Center and enjoy a renewed sense of health and well being for an improved quality of life. The Center has been serving patients in Fort Pierce since 2004, they offer drug-free chiropractic care for chronic pain, as well as treatment for sports injuries, auto accidents, slip and falls and worker’s compensation accidents. In addition they provide a variety of massage therapy services, weight loss management and school, sport, employment, and D-O-T physical examinations.

Continued on page 14...
Doctor Bradley Deiner (Deen-er), Jo Moriera da Silva, Clinical Director and staff members will listen to your needs and help guide you to achieving optimum health. Doctor Deiner is a graduate of Florida State University, a member of both the Florida Chiropractic Association and the American Chiropractic Association. He resides on the Treasure Coast and actively supports Special Olympics and the Police Athletic League of Fort Pierce.

Follow Ocean Chiropractic & Health Center on Facebook and get daily health and exercise tips. To contact them for an appointment call (772) 460-9000. Ocean Chiropractic & Health Center 805 Virginia Avenue # 10, Fort Pierce.

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Main Street would like to thank these businesses for making the Reverse Raffle possible and for supporting Main Street. When your need arises, support our local businesses that support our local community.

The Reverse Raffle is a fundraiser for projects and goals of Main Street Fort Pierce, Inc. For more information, sponsorship opportunities or to purchase a ticket, please call Main Street at (772) 466-3880.
A view of Downtown Fort Pierce’s July 4th Fireworks presentation over the beautiful Indian River, from aboard the “Gator,” Captain Chop Legé’s 37-passenger vessel. Captain Legé operates scenic boat tours of the Indian River Lagoon and estuary, the most biologically diverse estuary in North America.

Captain Legé offers passengers expert insight about the lagoon, and great sights of dolphins, turtles, manatees, birds and other native dwellers. For more information, click: www.IndianRiverLagoonBoatTours.com or call 772-464-4445. Photographs by John Culverhouse.

“Thanks!” to our valued sponsors for this 2 day event: 121 Tapas by the River, Bluewater Beach Grill, Chuck’s Seafood, the City of Fort Pierce, Cobb’s Landing, Fort Pierce Yacht Club, the Law Firm of Huskius, Turco, Lloyd & Lloyd, the Original Tiki Bar, Preferred Private Care, and Waste Management.

Shop Smart | Shop Local

Shop Smart | Shop Local is a national campaign that focuses on the benefits of supporting local businesses, who in turn support our community. If half the employed population spent $50 each month in locally-owned independent businesses, it would generate more than $42.6 billion in revenue. For every $100 spent in locally-owned independent stores, $68 returns to the community through taxes, payroll, and other expenditures. If you spend that in a national chain, only $43 stays here. Spend it online and nothing comes home. http://www.the350project.net/home.html.

Supporting a local business includes receiving services, shopping, dining, and unwinding. Fort Pierce has a wealth of locally-owned businesses and events coordinated to bring awareness about our local establishments and to provide a unique opportunity for our hometown residents and visitors. Learn more about your local businesses through community centered organizations such as: Main Street Fort Pierce; the St. Lucie County Chamber of Commerce Visitors Center; http://treasuresfp.com/; or by attending local events, including fundraisers and street parties.

Next time, before you buy a product or a service, ask yourself, “is this something I can buy from a local merchant?” and consider supporting one of the many locally-owned businesses in Fort Pierce, whose commitment to their community supports your hometown.
When Alisari, Inc. opened 45 years ago it was a wig shop that sold a small amount of Florida clothing. In 1993, Maria Creel took over Alisari’s. She turned the wig store into a charming boutique in the heart of downtown Fort Pierce, offering a complete line of wigs, multiple clothing lines, shoes, purses and makeup.

Last November, after her husband retired, Maria desired to spend more time with her beautiful granddaughters. She then decided to turn Alisari’s over to her long time friend, Cathy Barnes.

Cathy grew up in the big city of Miami and became involved in the corporate world after returning from college. Later, after marrying her husband, Richard, they left the hustle and bustle of Miami to move to his hometown in Delaware. Cathy found the small town life appealing, but after 28 years they moved back to the state of Florida. Cathy and Richard wanted the same hometown feel they left in Delaware. During their return to Florida they came across Fort Pierce, fell in love with our wonderful town, and chose to make it their home.

After becoming very close friends with Maria Creel, a decision was made that the time was right for Cathy to begin helping Maria with the business two days a week. In November 2012, nine years later, the rolls at Alisari, Inc. reversed. Cathy is now the owner and Maria is helping her with the boutique two days a week and will continue to run the fashion shows and custom fit men’s toupees.

Cathy brings her great love of fashion and her enthusiasm to Alisari’s daily. She is excited about having purchased the business and looks forward to bringing her own special touches to the boutique, while continuing to serve their clients with the same personalized attention they have always offered.

There will soon be more of a variety of clothing that will appeal to a more varied clientele. Cathy will be promoting their skincare and makeup line by Sari Cosmetics, and will continue their wonderful makeovers in the shop.

Cathy has worn wigs almost all of her adult life and is happy to tell you so. She would like very much to enhance the wig line. The boutique offers a wide variety of wigs and they are happy to consult with you on what is best for each individual. Coming soon, they will offer Gabor Basic Wigs, which is a limited line of wigs at an affordable price.

Cathy and Maria have been working with cancer patients for many years offering a 20% discount on all wigs. Cathy says, “This is the best part of the business. I have the chance to treat clients going through a tough time with dignity and to make them feel good about themselves. If you look good, you will feel better … it’s very rewarding.”

Alisari is located at 219 Orange Avenue in Historic Downtown Fort Pierce. Summer hours of operation are Monday through Saturday 10 a.m. to 5 p.m.; in-season hours are 10:00 a.m. to 6:00 p.m.; 772-465-0506. Their website is www.alisariwigs.com.
Kids’ Crossing Party in the Park

by Jennifer Trefelner

The Kids’ Crossing Steering Committee would like to invite the entire community to a “Party in the Park” on Saturday, September 7th at 4:00 p.m. All 1993 and 2013 volunteers and supporters are asked to attend to take part in a commemorative photo before the playground is razed in preparation for its rebuilding! These volunteers and supporters, many of whom are Fort Pierce residents, will take part in a professional aerial photo shoot at the event to preserve for years to come.

This family-friendly event will also feature free snow cones, popcorn, drinks, arts & crafts, and a 50/50 drawing. In addition, visitors can purchase a personalized fence picket for $35 to be placed around the perimeter of the new Kids’ Crossing Playground and reserve to save your original picket from ’93! The pickers will have up to 20 letters or numbers professionally inscribed, just as they did 20 years ago. Picket order forms are located on the Kids’ Crossing website, and on the group’s facebook page.

The “Party in the Park” will be held at the playground site located near the intersection of Virginia Avenue and 23rd Street. Donations are still being accepted for the project, which is $35,000 shy of its goal to provide the very best playground in the area. Similar to the 1993 playground construction, hundreds of volunteers will also be needed to build the locally designed playground on November 7 – 11. Those interested in volunteering are asked to sign up online at www.KidsCrossing.com. Both skilled and non-skilled labor is needed to complete the project in just 5 days!

The new composite materials being used will give the structure, which was designed by local children, a lifespan of up to 50 years. Numerous business and generous donors have already committed their support of the new endeavor, donating more than $190,000. Sponsorship perks are still available for those who donate, which are outlined on the website, plus naming opportunities are available for sections of the playground. Donors who contribute will have their names memorialized on a plaque at the playground site.

Donations can also be made online, or by mailing a check payable to “Kids Crossing, Inc.” to 130 South Indian River Drive, Suite #201, Fort Pierce 34950. Kids’ Crossing Playground is a 501(c) (3) organization and contributions are tax-deductible.

The committee looks forward to working with the hundreds of volunteers, donors, children, and families in the area, who have already expressed interest to make this dream become a reality. The playground will be a special gathering place everyone will enjoy for several decades, and a positive experience for all those involved, just as it was when it was originally built in 1993.

Heart of a Champion Unplugged was Electric

by Agnes Palmer

The Sunrise Theater hosted people from all walks of life and all areas of the country, including Ohio, New York, New Hampshire and Kentucky all of which were drawn to the historic theater in downtown Fort Pierce on June 15th to witness a unique blending of talents both nationally recognized stars along with our local talent especially that of our youth. It was a night of orchestras, dance troupes and drama teams at a blacktie event entitled, “Heart of a Champion Unplugged.”

“Our main purpose in creating this event was to introduce Heart of a Champion, an independent film being shot on the Treasure Coast, specifically Fort Pierce, using local talent and resources,” said writer, producer and director Richard Fitzpatrick. “Our focus is to introduce new patrons, tourism and expose our city as well as the talent that lives here.”

Actress JoMarie Payton (Harriette Window on ABC’s “Family Matters,”) and comedian GIFT hosted the event. Singer/songwriter/actor Ryan Toby (Sister Act 2; Back in the Habit) joined with Avenue D Boys and Girls Choir; St. Lucie County Treasures Used Furniture and Consignments.

The event drew many to Fort Pierce for the first time, including Glen Johnson, former IBF light heavyweight champion, Lema Long, author of Diamonds Are Not Always A Girl’s Best Friend, Jason Griffith CEO/President of Blueprint Modeling Agency, Mavis Waugh, actress, model and talent manager.

“The performers (our kids) were given an opportunity to showcase their talents, to be heard, to be applauded and to be shown “we hear you” and we are here for you,” said Aline Ouellette, the film’s executive producer. “There is a movement in arts and entertainment in our community,” said Fitzpatrick. “When we are done with this film it will resonate nationwide and the story behind it will be that a community came together to create this.”

The event was brought to downtown Fort Pierce on June 15th to witness a unique blending of talents both nationally recognized stars along with our local talent especially that of our youth. It was a night of orchestras, dance troupes and drama teams at a blacktie event entitled, “Heart of a Champion Unplugged.”

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Sticking With Your Workout
by Angel Lugo, Anytime Fitness Manager and Personal Trainer

Are you and your workout losing momentum? Sticking to a workout program can be difficult. Let’s face it, you’re going to sweat and get sore but you have to put in the work. If you want the results, you have to put in the time.

This doesn’t mean spending hours in the gym every day, but it does require consistently working out and working hard, which is something most people struggle with. Obligations, social activities and many other factors will always threaten not getting your workouts in.

Fighting Back. One missed workout can easily lead to a couple per week and finally to being out more than actually working out. It’s easy to start strong, but what about a couple weeks in? What can you do to keep your fire burning?

Find Your Beat. Music sets the mood to movies, concerts and — you guessed it — even workouts. Music takes your mind off all the grueling work you do, and keeps you in an upbeat mood. People who listen to music during training are more likely to exercise for a longer period of time and complete their entire workout. So pump up your favorite songs when you go to sweat and get sore but you have to put in the work. If you want the results, you have to put in the time.

Get Social. A workout partner can keep you accountable — you guessed it — even workouts. Music takes your mind off all the grueling work you do, and keeps you in an upbeat mood. People who listen to music during training are more likely to exercise for a longer period of time and complete their entire workout. So pump up your favorite songs when you go to sweat and get sore but you have to put in the work. If you want the results, you have to put in the time.

The Right Plan. People quit their workout plans because of one simple reason — the plan doesn’t fit their lifestyle. A lot of people are full of promise the first few weeks, and will commonly crash and burn from exhaustion. If you miss workouts due to fatigue, it’s a good sign that your workouts are too intense or that you don’t have enough rest days. Recovery is vital to success with any workout program, so look over your current exercise program.

Keep these tips in mind, and your workouts will become a source of empowerment, not a source of grief! Anytime Fitness Fort Pierce is located at 111 Orange Ave. in Fort Pierce. Contact Angel Lugo or Veronica Licena at 772-461-2348.

How to Heal from a Fracture
by Joanne Augusto, Owner Nutrition World

The human body is amazing in its ability to heal itself. Taking a closer look at how bodies heal bone reveals excellent opportunities to support that process naturally.

Increase anti-inflammatory nutrients. Whenever a fracture occurs, the rupturing of the tissues generates a tremendous amount of free-radicals. These free radicals can help speed up the healing process while improving your health. Including a wide variety of fruits and vegetables in your diet will ensure these antioxidants.

Stop Smoking. Patients who smoke, have a much longer than average time for healing, and a much higher risk of developing a nonunion (non-healing of the bone to bone). Smoking slows down blood flow and it is that blood flow that delivers the necessary nutrients and cells to allow the bone to heal.

Check your protein intake. Nearly half of most bones are comprised of protein. When a fracture occurs, the body is called upon to gather together all the protein building-blocks needed to synthesize new structural bone protein matrix. Following fracture, adding even modest extra protein to the diet can help reduce complications, shorten the healing phase, and minimize further bone loss in the area as the fracture heals — by as much as half.

To keep up with the demands of a healing bone, adding more plant-based protein to a diet helps. Including more foods like soy, lentils, other legumes, almonds, and quinoa will increase your protein intake without creating a more acidic environment in your body the way excess animal-based protein can.

Protein is made of amino acids. Specific amino acids of importance include lysine, arginine, proline, glycine, cystine, and glutamine. Lysine, for example, is known to enhance calcium absorption, increase the amount of calcium absorbed into the bone matrix, and aid in the regeneration of tissue.

Nutrition World is located at 200 North 2nd Street in Fort Pierce.
The Emerging Artist – Past and Present
by Holly Theuns

Art Mundo’s third annual “Emerging Artist” show is on display in the Underground Gallery until Tuesday, September 3rd. The public is invited to view the work of the five area artists who qualified as this year’s emerging artists. To be selected, an emerging artist needs to meet three or more of the following criteria:

✍ at an early stage in his/her career
✍ newly exhibiting
✍ recently graduated from art school
✍ has just made a career change into art
✍ has created a modest independent body of work
✍ has made a conscious decision to support himself/herself solely through sales of his/her art
✍ desire only to make art and spends the better part of each day doing so.

There was stiff competition this year with artists presenting an array of art to select from. Five artists were selected. They are listed with their hometowns and mediums below:

Adel Alano, Stuart, Photography
Lisa Jill Allison, Palm City, Acrylic
Judi Cherubini, Port St Lucie, Oil
Danielle Dixon, Port St Lucie, Mixed Media
Jonathan Werksman, Fort Pierce, Glass

Here is an update on three of the artists who had been selected as emerging artists in previous years:

Janet Fuller was an emerging artist last year and now has studio space at 111 Orange Ave to display and sell her work. She has become a member of Art Mundo’s Board of Directors and continues to grow in her chosen art medium of assemblage of found objects.

Katie Henderson was one of the 2012 artists and has since had her work collected internationally, been featured in a Marie Claire South Africa magazine article, and continues to expand her artistic talents with a new series of mermaids in her characteristic marker-on paper style. Her work is available for purchase in her Underground Gallery at 111 Orange Ave.

Kate Rotindo, a 2011 emerging artist, and also a studio artist at 111 Orange Ave, has, to the delight of her audience, continued to explore and expand her talents in her chosen medium of imaginative use in combining found objects. Kate received the first place People’s Choice Awards for her entry “The Message Machine” into Art Mundo’s May and June 2013 “Please Touch” show.

A visit to Art Mundo in August to see this year’s “Emerging Artist” exhibit is a must for any art collector or enthusiast. It is a chance to view or purchase quality artwork from talented emerging artists.

Art Mundo also hosts Art Walk on the second Wednesday of each month. The next Art Walk will be August 14th from 5 p.m. to 8 p.m. Art Walk is an open house filled with art, artists, and refreshments.

Art Mundo is a center for creative expression located at 111 Orange Avenue in Historic Downtown Fort Pierce. The Center is open Monday through Friday from 1 p.m. to 5 p.m. and Saturday from 10 a.m. to 1 p.m. Please visit our website www.artmundo.org to find out about upcoming shows, calls to artists, classes and special events. Our phone number is 772-766-0021.
Focus on the Farmers Market – A Hidden Garden

by Keith Lustig

A visit to the northwest corner of the Downtown Fort Pierce Farmers Market will reveal a booth with beautiful blooms and welcoming vendors. There is a sea of incredible orchid blooms and a wealth of plants. This is the “A Hidden Garden” booth. Owner Ron Schaff and his wife Charlotte run their business with both pride and passion.

As happens with so many great gardeners, Ron got his start growing tomatoes in his parent’s back yard as a child. His interest continued to “grow,” and he went on to attend the Philadelphia Agricultural School. His bond with all things growing even continued into his business later in life when he sold plants from the back room of his record store.

In 1997, the Schaffs moved to Miami. They followed a good friend who had purchased a five-acre farm to grow palms and cycads. Fort Pierce drew them here in 2004. “We loved the ambience of the friendly small town and lovely locals,” say the Schaffs. Another friend that lived here in Fort Pierce was already a vendor at the Downtown Fort Pierce Farmers Market, and invited them to join him to sell their palms. “We were hooked the first day and have been happy vendors ever since,” declares Ron.

Since then, “A Hidden Garden” has expanded their inventory greatly. They grow and sell orchids, bromeladis, herbs, and tomato and pepper seedlings. They also now sell house plants and fruit trees, with more new varieties on the way. All of their plants are sown from seeds or started from cuttings and tissue sample; some from as far away as Canada. Ron says the best seller and most admired plant is by far the pitcher plant, a mosquito and bug catcher. Banana trees are also quite popular. No matter what you purchase, you will always walk away with specific care instructions on every plant.

The Schaffs say that fellow vendors and the customers at the Downtown Fort Pierce Farmers Market have made their life a joy. They especially like making new friends each week and sharing their passion and knowledge of plants with their patrons and other vendors. Ron and Charlotte even attend a regular lunch group of vendors after the market each Saturday.

The Downtown Farmers’ Market of Fort Pierce is a year-round Saturday morning tradition, 8 a.m. to noon, at the waterfront between the Marina and the Library.

For more information, please contact the Market Manager at 772-940-1145 or visit the website at http://ftpiercefarmers-market.com/ or on Facebook.
Summer Fishing and Tournament News

by Dan Dannahower

The heat of summer is upon us. August is one of the hottest months in south Florida and with the heat come some subtle changes in the fishing scene. There are always fish to be caught in Fort Pierce’s numerous water venues, but you may need to adjust a bit in order to be successful.

In the Indian River Lagoon the heat of midday may slow the action as game fish lay in the shade of mangroves or deep holes. Early morning, late evening, or even night fishing may produce better results. Deeper holes, channels and structures with shade, like docks or overhanging shrubbery, may produce results if fishing during the heat of the day. The lagoon and inter always have a lot of feeding activity going on at night. It’s usually cool, no sunburn to contend with and most of the species you hope to catch are probably out looking for a meal. If you elect to boat at night be sure you have plenty of lights and know the area you’re going to fish. It’s much easier to run aground or hit a channel marker at night.

Offshore fishing also changes in the summer months. The general thinking is that trolling for game fish like kingfish, dolphin, cobia, etc., slows down quite a bit and bottom fishing is the only way to get any action. While that’s probably true to some extent you never know what the dynamic ocean and the gulfstream will do. Seasonal upwelling of cold bottom water is occurring now and causes weekly changes in what’s biting and whether bottom fishing or top water trolling is the best bet for success.

On Saturday, August 31, 2013 the St. Lucie County Hog Huggers and Showstoppers 4-H Clubs will host the 3rd Annual Grand Slam Fishing Tournament. The Adult Division entry fee is $275 per boat which includes four tickets to the Captains’ Meeting BBQ Dinner, tournament shirt, an event bucket, and a chance for door prizes. The entry fee for the Youth Division (16 and under) is $35 per angler which includes one BBQ dinner ticket, and a tournament shirt. The mandatory Captains’ Dinner will be held at the Fort Pierce City Marina, on August 30th at 6:00 p.m.; rules will be read at 7:00 p.m. Additional guest passes for the BBQ are available for $5.

The prizes include: Adult Division: 1st – $3000, 2nd – $1500, 3rd – $1000, 4th – $750, 5th – $500; Youth Division: 1st – $500, 2nd – $350, 3rd – $250, 4th – $150, 5th – $50. For more information please e-mail hhssfishingtournament@gmail.com, call Jodi Williams at (772) 323-3594 or visit them at Friday Fest. Hope you get to catch a big one this summer. Good luck and good fishing.

Recipe Corner

by Sue Dannahower

Grilled Shrimp – Oh So Good for You!

Shrimp are a tasty, easy-to-cook, and a good source of lean protein. This popular seafood is low in mercury and high in nutrients. Increase the health benefits of a shrimp meal by grilling instead of frying. Serve shrimp alongside a fresh salsa made from fruit or vegetables to increase the health benefits of your meal.

Spicy Lime Grilled Shrimp

1 pound peeled shrimp (leave tail shell on)

Chili Garlic Butter

¼ cup butter
1 clove garlic, crushed
1 tablespoon onion, chopped
½ teaspoon jalapeno, crushed
1 teaspoon lime zest
2 tablespoons lime juice
¼ teaspoon cumin

Sauté garlic, onion and jalapeno in butter for 5 minutes. Add lime zest, lime juice and cumin. Set aside. Place shrimp on skewer and grill over low heat. Pour warm Chili Garlic Butter over shrimp skewers.

Grilled Shrimp with Cointreau Orange Glaze

1 pound of shrimp, cleaned and shelled

Orange Glaze

2 tablespoons sesame oil
¼ cup Cointreau (orange liqueur)
½ cup orange marmalade
4 tablespoons grated onion
2 tablespoons lemon zest
2 tablespoons sesame seeds

Combine all glaze ingredients and cook over low heat until heated through. Remove from heat and stir in sesame seeds. Place shrimp on skewer and grill over low heat. Baste with orange glaze.

Fresh is always best! Find your fresh seafood products at the Pelican Seafood Company on US 1. Ask about their 10%-off cards. Locally grown fresh produce used for these dishes can be purchased at Nelson’s Family Farms on Midway Road.

Dave (yellow shirt holding mahi) and Val Krupa and Art Marsh caught this big dolphin caught off the Treasure Coast.
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