Main Street Focus
The Official Monthly Newspaper of Main Street Fort Pierce

Volume 7, No. 7  February, 2012

Love is in Bloom Downtown Fort Pierce

Chaney’s House O’ Flowers
Roslow’s
DermaTech Day Spa, Creative Color and Hair Salon, and Classic Cuts, Etc.

Uncle Carlo’s Gelato
Paradise Hair & Nail Salon
Brenda’s Fine Jewelers

See story on page 16 ...
All Things are Special in Our Historic Downtown

by Beth Williams

While I do have a Facebook account (Doris Tillman forced me into it), I’m not big on posting things. I do however enjoy reading postings from my friends. Last month I was perusing the latest nuggets of information and saw this post by Sydney Liebman:

“Today’s Farmer’s Market was jammin’ — with people, music and excitement in the air. It was elbow-to-elbow — folks making their way to all things delicious. We live in paradise, don’t we?”

Yes, Sydney we do! And as the weather reports from the north get colder and colder, it’s hard to believe that we are still waking up to balmy weather on beautiful, sunny days. Whether you’re enjoying the Farmer’s Market and craft fair on a Saturday morning, or a weekend show at the Sunrise Theatre, downtown Fort Pierce is our little piece of paradise.

With February and our mild Florida winter in full swing, spending time in the historic downtown district is like taking a little vacation without the hassle. We have unique shops, eateries, and galleries that keep residents and visitors coming back on a regular basis.

This month is an especially good time to support the businesses downtown and get those happy little brownie points from your sweetheart. There’s no need to stress Valentine’s Day and wonder what you can do that says “I love you,” when the romantic gifts and experiences are bountiful in the heart of our city.

Here are some ideas … jewelry, clothing, candles, unique knick-knacks, dinner, cocktails and a show, original artwork, flowers, and a hand-in-hand walk through Marina Square. There’s really no shortage of special things to do or buy in downtown Fort Pierce.

At Main Street Fort Pierce, our number one goal is to invest time, energy, and resources into the continued development and success of the downtown district. Help us meet that goal by becoming a member or volunteering for this nationally award-winning organization. We promise you’ll be a part of something great!

Happy Valentine’s Day!
Dine, Shop and Enjoy Beautiful, Historic, Downtown Fort Pierce!

**Fort Pierce Bike Night —** Thursdays, 6:00 to 9:30 p.m.; 2nd Street, Downtown Fort Pierce; Yellow Tail Grille & Raw Bar, 488-7071.

**St. Lucie County Regional History Center**
For information, please call 462-1795 or visit www.stlucieco.gov/history.

**‘Legendary Sites in St. Lucie County’ at the Regional History Center.** 414 Seaway Drive on South Beach. Wednesday through Saturday 10 a.m. to 4 p.m. and Sunday 1 p.m. to 4 p.m.

**Fort Pierce River Walk Center**
For information, please call 489-8473 or visit cityoffortpierce.com

**Located at 600 N. Indian River Dr., Fort Pierce; Classes include: Jazzercise, Zumba, Zumba Gold, Duplicate Bridge, Anusara Style Yoga, Ballroom Dancing, Belly Dancing, and Line Dancing. Call (772) 489-6472 for a complete schedule of classes & events. (See page 6)**

**Fort Pierce Downtown Business Association**

**Thank Everyone for Support**

The **Fort Pierce Downtown Business Association** is pleased to say that Bike Nite and the Classic Car Cruise In have been big successes. Rinelli’s Yellow Tail makes Bike Nite happen on Second Street every Thursday and Roger Dean Buick GMC is helping make our Classic Car Cruise In a fun night out for all. These events are becoming more popular each year. People from all over the area with many different types of food, crafts and activities. The party begins in the afternoon and continues into the evening hours. We are planning to have inspirational Irish entertainment for all to enjoy. There will be plenty of singing and dancing all the way to the end of the rainbow where there just may be a pot o’ gold for all to share. Come join in the festivities and become a happy leprechaun!

The **Fort Pierce DBA** is now organizing a very exciting St. Patrick’s Day street party. This is an annual event put on by the DBA and takes place on Second Street in downtown on St. Patty’s Day (March 17th). Admission to this very green party is free. Please wear your Irish attire and bring all your Irish friends. We all can pretend to be Irish on St. Patty’s Day. There will be plenty to do as the street is filled with vendors from all over the area with many different types of food, crafts and activities. The party begins in the afternoon and continues into the evening hours. We are planning to have inspirational Irish entertainment for all to enjoy. There will be plenty of singing and dancing all the way to the end of the rainbow where there just may be a pot o’ gold for all to share. Come join in the festivities and become a happy leprechaun!

**Weekly Events**

- **March 1 – 30:** Florida Frontiers By Florida Women — Free opening reception. Thursday, March, 1, 6:30 to 8:00 p.m. Special Open House. Sunday, March 4, 11:00 a.m. to 2:00 p.m. Exhibit can be viewed and art purchased Monday through Friday 9:00 a.m. to 4:30 p.m. Please call 772-488-3880.

- **Saturday, February 18:** Treasures in the Trunk — Antique Trunk Show on Second Street; 8:00 a.m. to 12:00 p.m.; Second Street between Orange Avenue and Avenue A; call Main Street Fort Pierce, 466-3880.

- **Saturday, February 26:** Classic Car Cruise-In — 6 p.m. to 9 p.m.; Downtown Business Association, www.fortpiercedowntown.com.

**For more information, please call 462-0021 or visit www.artmundo.org.**

**Art Mundo Open Studio** — 5 p.m. to 8 p.m., The ArtBank at 111 Orange Avenue, Artmundo.org@gmail.com, 766-0021, www.artmundo.org.

**Art Mundo Open Studio —** 0021, www.artmundo.org. 5 p.m. to 8 p.m., The ArtBank at 111 Orange Avenue; Artmundo.org@gmail.com, 766-0021, www.artmundo.org.
My knowledge of wine is on the shallow side. I pour it, rather than decant. Whether it’s had enough time to breathe before I start sipping, I have no idea. From aperitifs to zymology and all points in between, I know very little. Wine enthusiast, I am not.

Enthusiastic about wine, now that’s another thing. A glass of wine is an essential element, in my opinion, to the whole bathtub-reading-soaking experience. But it almost always pays to learn more, so why not learn from the best?

Keith Andersen has long been recognized and respected as St. Lucie County’s go-to-guy for all things pertaining to, well, alcohol. **Roy’s Liquors**, the store his father originally opened in 1955, is now located at 720 South U.S. #1 in Fort Pierce and hosts a wine-tasting event each Thursday from 5 to 7 p.m. For $10, participants can nibble appetizers, enjoy generous samples of several different wines, and receive a $5 off coupon. Most important for folks like me, they can also get an education.

Recently my sister, visiting from North Carolina, attended with me. When she asked about a particular brand that turned out to be both costly and unavailable, Andersen took the time to show her a comparable, very reasonably priced wine, explaining that people sometimes overlook exceptional wines simply because they are relatively inexpensive.

We sampled several wines; snacked on meats and cheeses; talked with other patrons; asked Jeff, the helpful young man serving us, lots of questions; and strolled around the store looking for serving and gift ideas. By the time we left, I knew more than when I’d gone inside. And I discovered a new Riesling to buy with my discount coupon. An evening well spent … and one that may be repeated every week!

**Roy’s Liquors** will be holding a special free champagne and wine tasting on Valentine’s Day from 2 – 6 p.m.
Good Morning by Susie Cassens

Fall Brilliance by Jackie Schindehette

Florida Frontiers by Florida Women

You just have to look out your door to see the beauty of the Florida landscapes. From our coastal areas with magical sunrises and beaches to the backcountry with misty mornings in the pinelands and flamboyant sunsets to our west; local artists vie for the privilege to capture the Florida beauty and bring their interpretation for the public to enjoy.

On March 1, four local artists will join together to bring their interpretations of our beautiful Florida environment at a very special art show — “Florida Frontiers by Florida Women.” This show will be the first collaborative exhibit between Jackie Schindehette and Susie Cassens since their previous co-ownership of Brushstrokes Gallery. Allie Comer adds an element of natural mystique with her 3-D creations and Diana Bunten rounds out the group with her exquisite one-of-a-kind jewelry designs.

Susie Cassens studied oil painting at the age of 16 with Therese Knowles, a well known impressionist-style landscape artist from France, who studied with A. E. Backus. She continued her education in the arts at the University of Florida and Florida Atlantic University. Cassens was also tutored in oils by the award-winning Florida landscape artist Jacquelyn Schindehette. Cassens co-owned Brushstrokes Gallery in Fort Pierce, with Schindehette and Sandi Griffin (www.susiecassens.com).

Jackie Schindehette’s art career began as a hobby and blossomed under the direction of A.E. “Bean” Backus. Bean Comer adds an element of natural mystique with her 3-D creations and Diana Bunten rounds out the group with her exquisite one-of-a-kind jewelry designs.

Susie Cassens studied oil painting at the age of 16 with Therese Knowles, a well known impressionist-style landscape artist from France, who studied with A. E. Backus. She continued her education in the arts at the University of Florida and Florida Atlantic University. Cassens was also tutored in oils by the award-winning Florida landscape artist Jacquelyn Schindehette. Cassens co-owned Brushstrokes Gallery in Fort Pierce, with Schindehette and Sandi Griffin (www.susiecassens.com).

Jackie Schindehette’s art career began as a hobby and blossomed under the direction of A.E. “Bean” Backus. Bean Comer adds an element of natural mystique with her 3-D creations and Diana Bunten rounds out the group with her exquisite one-of-a-kind jewelry designs.

Susie Cassens studied oil painting at the age of 16 with Therese Knowles, a well known impressionist-style landscape artist from France, who studied with A. E. Backus. She continued her education in the arts at the University of Florida and Florida Atlantic University. Cassens was also tutored in oils by the award-winning Florida landscape artist Jacquelyn Schindehette. Cassens co-owned Brushstrokes Gallery in Fort Pierce, with Schindehette and Sandi Griffin (www.susiecassens.com).

Jackie Schindehette’s art career began as a hobby and blossomed under the direction of A.E. “Bean” Backus. Bean Comer adds an element of natural mystique with her 3-D creations and Diana Bunten rounds out the group with her exquisite one-of-a-kind jewelry designs.

Susie Cassens studied oil painting at the age of 16 with Therese Knowles, a well known impressionist-style landscape artist from France, who studied with A. E. Backus. She continued her education in the arts at the University of Florida and Florida Atlantic University. Cassens was also tutored in oils by the award-winning Florida landscape artist Jacquelyn Schindehette. Cassens co-owned Brushstrokes Gallery in Fort Pierce, with Schindehette and Sandi Griffin (www.susiecassens.com).
Fort Pierce Mardi Gras Carnival 2012

The Fort Pierce Jazz & Blues Society and the Downtown Business Association are joining forces to bring you a family-friendly Mardi Gras celebration that will be remembered all year long.

Calling all Mardi Gras fans! There will be dancing in the streets of historic downtown Fort Pierce along with costumes, Dixieland Jazz, New Orleans Gumbo, and of course beads, beads, beads. There will also be children’s activities by Kids Zone Entertainment, arts & crafts, fabulous food, beer & wine.

Date: Saturday March 10, 2012
Time: 11:00 a.m. to 5:00 p.m.
Where: The Streets of Historic Downtown Fort Pierce
Information: www.jazzsociety.org or www.fortpiercedowntown.com

… continued from page 9

became a friend and mentor and Jackie was fortunate to be in the right place at the right time. Jackie’s formal art training was at the Art Students League in New York City. Her oil paintings are classic Florida and are executed in a representational style with bold brushwork and dynamic color. Her works may be viewed at www.floridalandscapes.com.

Allie Comer works in mixed media, fiber, collage and encaustic. She is primarily self taught, but has attended various arts classes across the country. She has exhibited and won recognition for her work in museums and galleries within the state of Florida. Allie is on the faculty at the Vero Beach Museum of Art and is represented by Cristina de la Vega Studios in Stuart.

Diana Bunten lives in Ft. Pierce. Making jewelry is her passion. Diana is always on a quest for great beads and has been making jewelry for 10 years now. What started out as a hobby while she was raising a family and working 9 to 5, has turned into a creative, home-based business, Diana’s Crystal Creations (www.dianabeads.com).

“Florida Frontiers by Florida Women” will be held at the Platts/Backus House, 122 A.E. Backus Avenue in Fort Pierce, from Thursday, March 1 to Friday, March 30. There will be a free opening reception on Thursday, March 1, from 5:30 to 8:00 p.m. and a special open house on Sunday, March 4, from 11:00 a.m. to 2:00 p.m.

The exhibit can be viewed and art purchased Monday to Friday from 9:00 a.m. to 4:30 p.m. The office is closed from 12:00 to 1:00 p.m. for lunch. For more information on “Florida Frontiers by Florida Women” call the Main Street office at 772-466-3880.

Allie Comer works in mixed media, fiber, collage and encaustic. She is primarily self taught, but has attended various arts classes across the country. She has exhibited and won recognition for her work in museums and galleries within the state of Florida. Allie is on the faculty at the Vero Beach Museum of Art and is represented by Cristina de la Vega Studios in Stuart.

Diana Bunten lives in Ft. Pierce. Making jewelry is her passion. Diana is always on a quest for great beads and has been making jewelry for 10 years now. What started out as a hobby while she was raising a family and working 9 to 5, has turned into a creative, home-based business, Diana’s Crystal Creations (www.dianabeads.com).

“Florida Frontiers by Florida Women” will be held at the Platts/Backus House, 122 A.E. Backus Avenue in Fort Pierce, from Thursday, March 1 to Friday, March 30. There will be a free opening reception on Thursday, March 1, from 5:30 to 8:00 p.m. and a special open house on Sunday, March 4, from 11:00 a.m. to 2:00 p.m.

The exhibit can be viewed and art purchased Monday to Friday from 9:00 a.m. to 4:30 p.m. The office is closed from 12:00 to 1:00 p.m. for lunch. For more information on “Florida Frontiers by Florida Women” call the Main Street office at 772-466-3880.

… continued from page 9
Treasure Coast Yogurt Opens in Downtown Fort Pierce

Treasure Coast Yogurt is new business in downtown Fort Pierce. Located at 116 Avenue A, Suite A, Treasure Coast Yogurt opened their doors on December 1, 2011. Co-owners Bryan Welling and Pete and Lydia Schaeperkoetter are residents of Fort Pierce and they have had a booth at our local farmers market. Being part of the farmer’s market made them realize the unique feel of the downtown area and they decided to become a permanent fixture in Fort Pierce.

Bryan feels that yogurt is the new trend and they are excited about opening the shop in Fort Pierce. Bryan said, “I believe Fort Pierce has a lot of potential and I want to help Fort Pierce go in the right direction.” Treasure Coast Yogurt serves frozen yogurt, sherbet and ice cream. All of their products are made in Florida with their specialty items being Key Lime and Florida Orange yogurt.

Treasure Coast Yogurt have many flavors to choose from along with some varieties that have no sugar and/or are low fat. They have a toppings bar featuring Sconza chocolate to adorn your favorite dessert. But Treasure Coast Yogurt have more products to offer their customers. They have coffee, tea, sodas and water to go along with your yogurt and for the older crowd they are serving Budweiser beer and organic and regular wine.

You can also enjoy your favorite wine by the glass or by the bottle and on Bike Night they will serve hotdogs and sausages on the grill.

Bryan wants Treasure Coast Yogurt to be a place where everyone is comfortable hanging out. He is working toward bringing in live music and board games for his customer’s entertainment. They encourage patrons to just come and relax in their roomy environment or to sit outside and enjoy the scenery. They are open seven days a week during season, from noon until 9:00 p.m., but they will have extended hours for Sunrise Theatre, Bike Night and other downtown events.

Stop by and treat yourself to a frozen yogurt today at Treasure Coast Yogurt at 116 Avenue A, Suite A, in beautiful Downtown Fort Pierce.

Undercover Skate Shop Returns to Downtown Fort Pierce

We have all been fascinated by the skill of the professional skateboarder. How do they perform all those twists and turns in the air or how do they slide down a rail and miraculously land on their skateboards?

Skateboarding is a very challenging sport. It teaches dedication, practice, hard work, and creativity, while releasing the free spirit inside you. Let’s face it — most of us can’t do it but we admire those who have the courage to try.

Rob Perkins, a native of Fort Pierce, competed in 1994 as an amateur with the National Skateboard Association. Due to injuries, Rob never became a professional skateboarder, but his love for the sport of skateboarding and his hometown roots are the reasons he has made a commitment to Fort Pierce and the kids in the community.

Rob is a police officer with the Fort Pierce Police Department and in 2007, Rob, along with his wife Amber, and their four kids Adaire (16), Colin (10), Noah (5), and Sophie (3) started Undercover Skate Shop in downtown Fort Pierce. In 2009, after the county skateboard park opened, Undercover Skate Shop moved to Sahal Palm Plaza to be closer to the park. But when the opportunity came to reopen back in downtown, they moved back to Avenue A where the location is a perfect fit.

The new location at 208 Avenue A, has a lot more space and the ideal feel for a skate board shop. The shop has a large inventory of skateboards and can supply replacement parts for older models as well as the current brands on the market. Are you looking for that special one-of-a-kind skateboard? Rob or his staff will help you in house or special order items for you that will usually arrive in the store in 2 – 3 days.

Undercover Skate Shop carries a huge array of clothing and accessories from Nike, Converse, and Vans. They are a regional exclusive store, which means that they stock special items not found in other stores. They are an official store for the Nike Quick Strike shoes, which are released by Nike once a month and exclusive only to these stores. They also have a large selection of shoes like the Paul Rodriguez Nike Shoe – Dri-Fit Cool Dry. All of the shoes are good quality construction, with good support and cushion.

Undercover Skate Shop also has a large assortment of accessories, backpacks, wallets, sunglasses, and socks. In the summer they will be expanding their inventory to include more clothing for girls and bags for the beach. All of their merchandise is geared to the Fort Pierce community and the local interests of their clients.

Rob believes in the community and he is working hard to promote the sport of skateboarding for kids. He sponsors the Undercover Skate Board Team which competes throughout the state. In 2010, one of the members, Taylor Beatty, went to X-Games to compete. He wants to be active in promoting kids to companies to get them jobs and goals for the future of the shop. The new location has a back room where he would like to construct a half-pipe to give lessons and to have contests. He is planning festivals to bring in professionals to sign autographs, put on demonstrations and encourage the youth. He has plans to show skateboarding videos at the shop and later at neighboring Zelmo’s due to open in February or March 2012.

Check out the website at www.skateundercover.com for more information, dates and times for upcoming events, videos or store specials. You can also call them at 772-489-6558 or join them on Facebook. Undercover Skate Shop is located at 208 Avenue A in Fort Pierce. The shop hours are Monday – Friday 11:00 to 6:00 p.m., Saturday 10:00 a.m. to 4:00 p.m., and closed on Sunday. Undercover Skate Shop will stay open for special events like Friday Fest and Bike Night.
Fantastic Family Fun in February!

by Jann Widmayer

February is always a busy month on the Treasure Coast. Visitors and part-time residents flock south for warmer weather; fairs and festivals offer fantastic food and fun for families; and it is also a very busy time of year at the Manatee Observation & Education Center. In addition to educating our more than 35,000 annual visitors, we have local school groups coming for classes almost every weekday, special Saturday workshops, programs, classes, guided kayak excursions and daily Manatee Center Wildlife Boat Tours.

On Saturday, February 25th, from 10 a.m. to 4 p.m., join us at the Manatee Center for the 16th annual NatureFest, a celebration of nature and the great outdoors. Visitors & children of all ages are invited to this free, fun-filled event. NatureFest has grown each year with more exhibitors, activities and visitors. We always have favorites such as the Treasure Coast Wildlife Hospital, the St. Lucie County Sheriff’s Office C.O.P. Marine Unit, and appearances by the Manatee Center’s lovable mascot, “Moe the Manatee.” Children of all ages can stop and have their face painted, play games, meet our resident and guest critters, and create their own works of art. The delicious food offerings will include fresh popped popcorn, fresh baked goods, sausage and peppers, ice cold drinks, and Apostle Faith Church will provide yummy southern favorites including ribs and collard greens.

New at NatureFest 2012 will be the addition of a giant canvas where children can paint their favorite marine animal. Their inspiration can be the beautiful mural on the front of the building painted by the world famous eco-artist, David Dunleavy. Other exhibits at the Manatee Center that will inspire budding artists include six aquariums with live animals that are from various habitats such as reefs, sand flats, freshwater ecosystems, and an under the dock display. And don’t forget to experience our exciting Touch Tank. Visit the Vanishing Mermaid Gift Shop to find hundreds of nature-related items such as jewelry, books, t-shirts, toys, and home decorative accessories. Come in and take advantage of specials available only during NatureFest 2012. Enjoy the festivities, visit many different exhibitors, learn about native plants, participate in the various demonstrations, learn about animals in the touch tank, have your face painted, taste some delicious food, and more. Don’t miss this great celebration of nature and the great outdoors.

March will bring a variety of activities as well. Among our monthly events, we have scheduled the Manatee Center 5K run for Saturday, March 31st. Register and try to beat last year’s winning finish time of 16 minutes 30 seconds. The run was exciting and included t-shirts, ceramic awards handmade by local artists, refreshments after the race, and a runner’s raffle. Register early to take advantage of pre-race registration rates and save even more if you register a group of 10 or more. Free t-shirts will go to the first 300 entries. Registration forms can be picked up at the Manatee Center, the Vanishing Mermaid Gift Shop, or online at www.manateecenter.com and www.tcmfinc.org for printable forms.

Join us for one, two or all of these exciting events at the Manatee Center, where your adventure begins! The Manatee Center and the Vanishing Mermaid Gift Shop are located at 480 N. Indian River Drive in downtown Fort Pierce, 772-460-6445 or 772-466-1600*, x3333. For additional information about events and programs at the Manatee Center, call Brandi at 772-466-1600*, ext. 3071. Reservations and ticket purchases for the Wildlife Boat Tour and kayak excursions can be made by calling the Vanishing Mermaid Gift Shop at 772-460-6445. Discover more about the Manatee Center’s upcoming events, boat tours, camps, programs, and general information by visiting online at www.manateecenter.com. You can also become a fan of the Manatee Center on Facebook and receive notifications about upcoming events and programs.

*All calls routed through the Fort Pierce Utilities Authority switchboard.
Valentine’s Day in Downtown Fort Pierce

Valentine’s Day is right around the corner and the local merchants of downtown Fort Pierce would like to help you find that special gift or activity for your special someone.

❖ FOR THE SWEET TOOTH
Importico’s Bakery Café features a wide variety of baked goods, cookies, and bread. Uncle Carlo’s Gelato will feature special valentine cupcakes, “I Love You” chocolate-dipped strawberries and a variety of truffles. Treasure Coast Yogurt features their specialty: Key Lime and Florida Orange yogurt.

❖ FOR A SPECIAL FLOWER ARRANGEMENT
Flowers for your sweetheart are an easy find at Chaney’s House O’ Flowers or the Flower Patch. Chaney’s presents a “Cupid Special” that includes one dozen premium long stem red roses, a plush teddy bear, a delicious box of chocolates and a Valentine Mylar balloon for $99. You can order yours at 461-4100. Be sure to get your orders in soon. These flower stores need at least a week’s notice due to the Valentine rush.

❖ FOR THAT SPECIAL DATE NIGHT OUTFIT
Alasari’s exclusive brands are Komarov, Not Your Daughter’s Jeans and Nic & Zoe. DKI Fashions (located in the Arcade building) has a special line of Colombian & Brazilian clothing. Ontologi.e has expanded their inventory to include clothing, Paper Press products, and home items including word signs. Rosslow’s is the local supplier of Brighton, Metal Smith Jewelry, Pandora and Vera Bradley. Whimsy Clothing Boutique is the “Original Unique Chic Boutique” offering affordable clothing and accessories for stylish women of all ages.

❖ FOR THE MOST ROMANTIC VALENTINE’S DAY MEAL
There’s no shortage of fine restaurants in the downtown area such as 12 A Buoy, Asian Bistro, Bangkok in Downtown, Brewers Café, Buckshot Bay, Captain Bob’s, Cobb’s Landing, Lorenzo’s Italian Restaurant & Pizzeria, PP Cobb’s General Store, Rinelli’s Yellow Tail, S&S Takeout, The Original Tiki Bar & Restaurant, Pot Belli Deli, or Yianni’s Greek Café. Rinelli’s Yellow Tail is offering Couples Night on Mondays and Wednesdays that includes dinner for two and your choice of a select bottle of wine for $35. Call Nikki or Don for the Valentine Day Special!

❖ FOR THE PERFECT VALENTINE’S DAY GIFT
Jewelry is always a nice touch. Beads & Baubles, Brenda’s Fine Jewelry, Sweet’s Jewelers and Trew and Sons Jewelry will have just what you’re looking for. Brenda’s Fine Jewelry will offer 20 to 40% off all merchandise and you can bring in your own jewelry for an inspection and free cleaning. The special runs from February 1 through February 14.

Fine art, paintings, and photography can be found at the Art Bank, the Backus Museum, D. Rhodes Studios, Studio 131 Photography by Ron & Dottie Nelson – Ray Zajar and paintings by Tom Manco – Manco Studio NJC, the legendary Highwaymen Art Gallery and Treasure Coast Art Association. Art Mundo is having an exhibit named “Red Hot.” The exhibit runs the month of February. Art Mundo will have an opening reception on Art Wednesday, February 8 from 5 to 8 p.m.

Sentiment has exclusive and unique finds for Valentine’s Day. At Sentiment, you will find special one-of-a-kind heart themed jewelry created by local bead & jewelry artist Diana Bunten; lovely and original rose brooches with heart charm centers created by local embroidery & stumpwork artist Linda Adams; Homage Candles by Sentiment (including our February candle, with a new fragrance blend); and/or an Homage Candles by Sentiment candle-making session gift certificates, where the recipient will receive an exclusive 1:1 candle making experience. Additionally, have a gift basket created or an Homage Candle embellished by Sentiment for someone

Continued on page 18…
FOR THAT UNIQUE ITEM OR SPECIALTY ITEM

Fort Pierce offers a wide variety of gift shops for those specialty items. Bed, Bath & Kitchen/Karen Kane Interiors for home goods, Coke’s Stationery for Tervis Tumblers and promotional items, Office Products & Services for office supply needs, Treasure Coast Stamps for the stamp collector, the Academy of Music store for music lessons, the Clock Shop for clocks and repairs, Fort Pierce City Marina Gift Shop and the Vanishing Mermaid Gift Shop at the Manatee Center for local themed gifts, St. Lucie Restaurant Supply for the foodies in your life and the Virgin of Guadalupe Botanica Gift Shop for gifts and candles.

FOR THAT RELAXING SPA DAY GIFT

Why not pamper your loved one with a spa treatment, hair cut, manicure or pedicure at Bangz Salon, Classic Cuts, etc., Creative Color & Hair Salon, Derma Tech Day Spa, Jan’s Trendsetter Salon, Paradise Hair & Nails Salon, Rebecca’s, Salon de Ana Bernal, Shaping Image, Skinplicity, Studio 207 or Visions Hairstyling.

Come “Unwine” in paradise at Paradise Hair & Nails Salon. Paradise is offering a complimentary glass of wine during the month of February. Monthly specials include: a free waxing with a haircut and blow-dry with Lori Reyes, a haircut and blow-dry with Jennifer, manicure and pedicure for $45, manicure and pedicure for $30 or Shellac for $20, husband and wife manicures and pedicures for $50 with Chardean. Please mention you read about these specials in the Focus for your discounts.

FOR THAT SPECIAL MAN IN YOUR LIFE

What man cannot resist a hardware store? Ace Hardware, located in East Coast Lumber has many gifts and tools for your man. Or how about something for your car at St. Lucie Battery and Tire? Tobacco Emporium has a special on cigar bundles, humidors and accessories. For the motorcycles fan, stop by Studio 131 on Second Street where Bonehead Motor Company has a selection of t-shirts and prints or visit Undercover Skate Board Shop.

FOR A SPECIAL DATE NIGHT SHOW

Enjoy the night with a show at the Sunrise Theatre. Coming up in February: Willie Nelson, The Original Tribute to the Blues Brothers, Damn Yankees, Foreigner, Get the Led Out, Ron Dante’s Back to the 60’s, The Hit Men, Paul Anke, The National Touring Company: Spamalot, Nu-Utopians John Lennon Imagined, 38 Special, and closing out February is Diana Ross! Go to www.sunrisetheatre.com to find the perfect show for you.

FOR A ROMANTIC GETAWAY

Plan a special weekend trip with All About Travel. Terry Shafer will be happy to sit down with you to plan a quick getaway or a once in a lifetime dream vacation.

FOR THE HEALTH & FITNESS FAN

If becoming healthier was one of your New Year’s resolutions, gift certificates for a special trainer, gym membership or group workouts can be obtained at Anytime Fitness, Mixed Martial Arts & Crossfitness, One Yoga Planet, the River Walk Center or stop by Nutrition World and Aloe Herbs for Life.
Bicyclists to Benefit from the Bicycle Facilities Improvement Program (BFIP)

The City of Fort Pierce is implementing a Bicycle Facilities Improvement Program (BFIP) to deploy covered and uncovered bicycle parking facilities, fix-it stations, long-term bicycle storage lockers, and solar powered trackers throughout key areas of the City.

The implementation of bicycle parking facilities within the City is paramount as there is an overall shortage of bicycle parking. Many of the park facilities and other recreational areas simply have no parking accommodations. Providing designated parking facilities at destination points will fill a missing element of the transportation network and will encourage bicyclists to use newly constructed bike lanes that are found within the City.

In addition, for those that are interested in using public transportation in conjunction with bicycles, few opportunities are available for bike parking near designated transit stops. Deploying fix-it stations and bike parking at transit stops will provide a true multi-modal experience. Fix-it stations deployed throughout the City will further assist bicyclists who need to inflate tires or make routine repairs in the event mechanical problems surface. This is an extremely beneficial aspect to have, particularly for those who commute or travel long distances.

Last, the deployment of solar powered zap trackers will enhance bicycle experiences. Users can determine how many calories were burned, amount of CO2 emissions that were saved as a result of using a bicycle versus a car, distance traveled, and many other exciting parameters. The solar powered device tracks usage by a sensor tag that is attached to the bicycle and is scanned when the bike passes by the unit. Data collected will assist in the City, County, and the TPO in developing other mobility enhancements on the transportation network.

Deploying solar power trackers will also have another significant benefit to the community. Developments that integrate these platforms or retrofit existing developments can benefit from flexible regulations. The City's Land Development Regulations are currently being modified to allow for a reduction in the required number of parking spaces if these initiatives are deployed. Getting employees or residents to participate in these types of programs ultimately reduces the number of vehicle miles traveled (VMTs) and reduces the amount of traffic congestion on the roadway network. Reducing parking requirements is just one example of how land development regulations can incentivize “mobility” and the City will continue to explore additional strategies during the Land Development Code Rewrite.

Make Fitness and Wellness Your Long Term Goals

by Manager and Personal Trainer Angel Lugo

Well, it’s that time of year again. We have made our resolutions; be it, lose weight, get healthier, or get in better shape. Now sticking to New Year’s resolutions in 2012 — that is the challenge.

The best advice I can offer is to change your mindset and make the new year about creating long term goals, rather than setting short-term goals. As the great Albert Einstein once said, “If you do the same thing over and over again and expect different results, you are being insane.” It’s time for us to change the way we look at our New Year’s resolutions and stick to sensible goals that we can achieve.

The key is to make your goals specific, measurable, achievable, relevant, and time-bound (SMART). This will help you stay on track and make progress towards your goals. For example, instead of setting a goal to “lose weight,” set a specific goal to “lose 10 pounds in the next 3 months.” By doing this, you will have a clear understanding of what you need to do and how much progress you have made towards your goal.

In conclusion, when it comes to fitness and wellness, it’s not just about what you eat and how much exercise you do. It’s also about how you think and how you approach your goals. By changing your mindset and setting realistic, achievable goals, you can achieve the fitness and wellness you desire in the long term.
Please, No More Peanut Butter and Jelly!
by Joanne Augusto

For five years I have been making my son his school lunch. If I make another almond butter (I don’t give him peanut butter) and jelly sandwich I will scream. At Nutrition World I educate my customers on how to feed their kids a healthy diet but when it comes to making a school lunch it gets challenging.

Let’s begin with the food you should avoid: artificial colors, artificial sweeteners, processed sugar, saturated fat, and high sodium (chips, pretzels). Foods that should be given in moderate amounts include: fruit juice, packaged, processed snack foods, and cold cuts with nitrates (some children benefit from avoiding these altogether).

Your child’s lunch should be balanced with a fresh fruit (not in syrup or package), 2 servings of veggies (try to experiment with different ones each day, not just carrots), protein and a whole grain.

There have been many studies that show a child greatly benefits at school from a healthy well balanced lunch. Your child will have more energy and will be able to concentrate better.

Benefits of a healthy school lunch will be less likely to waste it. I also noticed having lunch involved in making their lunch. If they are the ones who prepared it they will be less likely to waste it. I also noticed having lunch with my son that children love a little of everything. They seem to get bored very easily so they love to have different containers and bags to open.

Read more: How to Plan Healthy Lunches for Kids | eHow. My favorite website for kid lunch ideas is eatingwell.com.

Get input from your children about what they want. They’ll be more likely to eat what they choose (except, of course, nutritional zeros like chips and soda).

Prepare lunches with leftovers from dinner the night before. You’ll be more creative and less frazzled in the evening.

Save some chicken breast for salad with red grapes and celery, a slice of meatloaf for a sandwich, or cooked vegetables for pasta salad with Italian dressing.

Strive for balance. Healthy lunches should have a complex carbohydrate such as whole-grain bread or pita, a source of protein (peanut butter is fine), at least one serving of fruit or vegetables and one source of dairy (string cheese, yogurt, cottage cheese or milk).

Get creative: Use cookie cutters to carve sandwiches into fun shapes or include the fixings for “ants on a log”—aka peanut butter and raisins on celery.

Sneak in fresh vegetables and fruits. While your child may leave a whole apple untouched, she may love diced apples in her chicken salad sandwich.

Cultivate adventurous eating. Introduce new foods gradually, pairing them with your child’s favorite snacks. For example, if he loves carrots with ranch dressing, slip in some cucumber and zucchini slices as well.

Indulge in desserts, but don’t go overboard. Rice crispy treats are low fat, oatmeal raisin cookies pack a nutritious punch, and puddings and Jell-O come in low-sugar and low-fat varieties. You don’t want to deprive your children, but you also don’t want them to be high-wired on sugar or falling asleep in class from a heavy, rich treat.

Another idea that works for me is getting your child involved in making their lunch. If they are the ones who prepared it they will be less likely to waste it. I also noticed having lunch with my son that children love a little of everything. They seem to get bored very easily so they love to have different containers and bags to open.

Read more: How to Plan Healthy Lunches for Kids | eHow. My favorite website for kid lunch ideas is eatingwell.com. Keep in mind your health and budget would also benefit from packing lunch.

Joanne Augusto is the owner of Nutrition World at 200 N. 2nd Street in downtown Fort Pierce. For questions or more information please call her at (772) 464-3598.

Recipe Corner
by Sue Dannahower

Sue’s Buffalo Wings

- 24 chicken wings
- 1 stick of butter
- 2 Tablespoons Cajun Spices
- Salt & Pepper to taste
- Oil (for frying)

Sauce
- 2 cups Red Hot Durkee Sauce
- 1 stick of butter

Sides
- 1 bottle Blue Cheese dressing
- Carrot sticks
- Celery sticks

Combine sauce ingredients together over low heat, until combined. Add coated wings into the sauce and mix well. In a large baggie. Drop chicken wings in one at a time and shake to coat. Heat oil in a large skillet. Put coated wings into the hot oil. Fry until golden brown. Drain on paper towels, then transfer to serving dish.

Hawaiian Wings

This is a delightful “lighter” version of chicken wings with an Asian flair.

Marinade
- 4 cups soy sauce (light sodium)
- 4 cups brown sugar
- 1 can crushed pineapple, with juice
- ½ cup fresh grated ginger root
- 1 Tablespoon garlic, crushed
- ½ cup deep red wine (such as cabernet)
- 1 cup rice vinegar
- 60 chicken wing pieces
- Mix brown sugar into the soy sauce until dissolved. Add remaining marinade ingredients and mix well. In a large pot simmer wings in marinade for 1 hour. Let cool and skim off fat.


Super Bowl Snacks

Providing Dental Services Since 1950
Samuel P. Rowe, D.M.D., P.A.
Samuel V. Rowe, D.M.D
605 Citrus Avenue • 461-2648
Ponce Inlet, FL 32961

Nick Rains
206 W. First St.
The Hibachi Experience at Bangkok in Downtown Fort Pierce

by the Diva Devour

Bangkok In Downtown Fort Pierce has enhanced their offerings by adding the “Benihana” like experience to their newly expanded restaurant. Friends gather around the hibachi table and enjoy a meal expertly prepared and cooked to perfection on a steel grill, right before their eyes by a chef who is as much entertainer as culinary master. Eggs fly, roll and slide, onions turn into volcanos, and shrimp tails jump onto your plate.

The meal begins with a delicate miso soup or salad with ginger dressing. Hibachi lunches come with a complimentary Hibachi shrimp. Entrées include sesame chicken, New York Strip steak, salmon, grouper, scallops and more, along with vegetables, hibachi-style on the sizzling grill. Your entrée is served with homemade dipping sauces and fried rice. You may also order tempura, sushi and specialty rolls from their full menu. Be sure to enjoy the show, because Bangkok chefs play with your food as they cook it.

Being a friend, a date, your children, your whole family or your office gang — anyone who enjoys a delicious, freshly cooked meal with a little fun thrown in.

Bangkok In Downtown also has the traditional Thai and Japanese cuisines which include fresh, daily hand-picked sushi, sashimi, a variety of tasteful sushi rolls and Thai dishes. The cozy dining room welcomes customers with just the right amount of light and soft relaxing music to set up the mood for the evening. The sushi bar allows for conversations with the chefs while watching them skillfully prepare wonderful dishes.

Continued on page 27 …
Kee Botanicals: Pure, Natural and Kind to Your Skin

by Linda Hudson, Downtown Farmers’ Market of Fort Pierce

“Skin is the largest organ in your body and the thinnest,” says Theresa Dormi. She’s the founder and creator of Kee Botanicals, and a vendor at the Downtown Farmers’ Market of Fort Pierce every Saturday. She uses organic coconut oil, plus other safe and simple ingredients for her skin care products. “Our mission is to create the purest, all-natural, plant-based, organic skin care products that are safe for everyone to use every day.”

Kee Botanicals makes cocoa and coconut-kissed body soap, body whip and lip balm, and a shampoo bar with organic cold-pressed lime oil. She also makes a solid, coconut-kissed body balm, said by many users to keep Florida’s sand flies (no-seeums) and other insects from biting.

For years, Theresa Dormi has tried to eat foods that are unprocessed and organic and without unhealthy ingredients. Her attention lately has been on how to give her skin the same attention. When she researched what goes in to commercial skin care products, she found that many well-known brands contain carcinogens, allergens, and immune-toxic chemicals. Alarmingly, Theresa decided to make her own skin care products with two fragrant basics that she knew to be natural and safe enough to eat: coconut oil and cocoa. With help from fellow vendor, Priscilla Madden, whose River Rock Bath and Body care products are made from pure and natural ingredients, Theresa started making her new Kee Botanicals line of skin care items.

Kee Botanicals and Theresa can be found every Saturday at the Downtown Farmers’ Market of Fort Pierce, right next to husband and vendor, Brian Gilligan, who is the creator of Lucky Onion All Natural Spice Blends. Kee Botanicals can also be found on the web at http://www.keebotanicals.com and on Facebook.

Theresa is also a member of the Market Board and a contributing writer to the www.OnlyatFarmersMarkets.com website.

The Downtown Farmers’ Market of Fort Pierce is open Saturdays, 8 a.m. to noon, at the waterfront, between the Library and the Marina in Marina Square. Enjoy live music and breakfast or lunch along the seawall or at the picnic tables. Park free at the Manatee and River Walk Centers, or the parking garage behind city hall. The Farmers’ Market is a Saturday morning tradition in Fort Pierce.

… continued from page 25

Bangkok In Downtown is located at 217 Orange Avenue (Historic Downtown Fort Pierce); (772) 464-7117; www.bangkokindowntown.com.
Pelican Invitational Fishermen Clean Up

by Dan Dannahower

The 32nd Annual Pelican Yacht Club Invitational Billfish Tournament wrapped up on Saturday, January 7th after some of the best action ever seen on the Treasure Coast. Twenty-nine boats participating in the tournament caught and released a record 736 sailfish, besting the previous record of 408! The tournament, one of the most noted among many that occur throughout the year right here on our local waters, runs four days. Entrant boats can fish any three of the four days and must sit out one of the four of their choice. Catch and release totals for the three days fished determine the score for each boat and thus the winning lineup.

This year the weather was decent and the bite was hot resulting in catch and release records being broken on a daily basis. The new 736 record is a huge increase over the previous total. Other fallen records include most catches by a single boat for the tournament, most catches by a single boat on a single day, most catches on the Atlantic coast in a single tournament, and a number of lesser records. Obviously an awesome tournament result and a wonderful fishing experience for all who participated.

The Pelican Invitational is one of three tournaments that comprise the much watched Treasure Coast Sailfish Championship which dubs a winner each season as a sort of sailfish champion of the year. Dozens of other tournaments occur every year, based right out of our local marinas; everything from offshore kingfish tournaments to river fishing for the kids. Check with local marinas and tackle shops to see what’s coming next. Opportunities exist for almost every level of fisherman. Even if you don’t participate there are usually weigh-ins that are fun to watch and other events like award ceremonies open to the public.

Come out and wet a line or just enjoy the festivities surrounding the bounty our local resources provide!
**Main Street DINING**

- Roy's Liquors
- Boozgeois Saloon

**GATOR TRACE Golf & Country Club**

- "tee times 464-0407"

**Banquets**

- Our Beautiful Clubhouse is Available for your Special Occasion
- Banquet Rooms

**Fort Pierce Tribune's People's Choice Award for Best Happy Hour**

**Serving Lunch & Dinner 7 Days a Week**

- Tuesday Night Trivia
- Live Music Friday, Saturday, Sunday
- Daily Drink Specials

**The Original Tiki Bar & Restaurant**

- Two Avenue A • Fort Pierce City Marina
- 772-461-0820 • www.originaltikibar.com

**Importico's Bakery Cafe**

- Fresh Baked Pastries | Breads | Cookies
- Occasion Cakes
- Serving Breakfast and Lunch
- Coffee Bar – Espresso / Iced / Lattes
- Carpeccio and Specialty Drinks

**Cobb's Landing**

- Private Banquets & Catering
- Let Cobb's Plan Your Next Event
- Live Music Friday & Saturday
- 5:00–8:00 Weekdays, 5:00–10:00 Weekends

**Gelato**

- Uncle Carlo's Gelato
- Italian Homemade Ice Cream Made With Only The Finest Ingredients
- Panini | Salads | Pastries | Coffees

**Importico's Bakery Cafe**

- 134 S. Indian River Drive • Fort Pierce
- 772.429.3435

**200 N. Indian River Drive**

- Ft. Pierce, Florida
- 772.460.9014
- www.cobb's-landing.com

**Home of the Handcrafted Pineapple Mojito**

- Located in the New Renaissance of Fort Pierce