Save the Date:
Sandy Shoes / Taste of the Sea Seafood Festival page 5

17th Annual
All You Should Eat Backus Brunch
and A.E. Backus Painting Raffle page 12

Valentine’s Day in
Downtown
Fort Pierce
page 16

“Florida Paradise”
by A.E. Backus
Volunteerism is the Driving Force Behind Our Success

by Beth Williams

This is a very special year for Main Street Fort Pierce. At our annual meeting in May we will kick-off our 25th year as your Main Street organization. While I’ve personally been involved for just the last twelve years, the folks who have been the driving force of MSFP since day one built the foundation that allows us to continue to achieve successes on behalf of the community. A couple of years ago I interviewed Mike Minton for an edition of the Focus. He recalled that the first Friday Fest “basically was about 15 to 20 people standing around on Second Street trying to drink a keg of beer and cooking on a grill.” Today, that monthly event draws thousands to our downtown to enjoy our beautiful historic district.

MSFP’s work with city and business leaders have resulted in dramatic improvements to the district that have improved both our appearance and the environment for businesses to thrive. Our organization was the driving force behind the funding and renovation of the Sunrise Theatre. People joked about crossing the street when they saw Doris Tillman walking towards them to try to avoid a pitch for donations to that mammoth project. Daily, Doris and Pam Gillette talk with business owners in the district about their needs and what we can do as an organization to help. And while the local press has focused lately on empty storefronts, the reality is that new businesses are moving into the district each month and their owners are excited about the opportunity to locate downtown.

We know that the more than 30 free public events MSFP produces each year to promote the city and all it has to offer is a huge benefit to the community. Whether attendees are locals or visitors, festivals such as Sandy Shoes, Plein Aire Paint-Out, the Ghost Tour, Friday Fests, and Sights and Sounds drive traffic into downtown businesses, which help boost our economy.

We have a lot on our plate as usual and we could use your help and support. If you aren’t a member, I encourage you to complete and send in the membership application found in this edition of the Focus. If you are a member and would like to be more active, we always need volunteers to help with events. Call the office at 772-466-3880 and we’ll put you to work in an area that is of interest to you. Volunteering at a Main Street event is a fun way to be involved in promoting our beautiful historic downtown district.
Calendrier

February 1, Friday: Friday Feel — Music & Entertainment by Ossie Wright & The Groove Division Band; 5:30 p.m. to 9:00 p.m., Main Street Fort Pierce, 466-3880, www.mainstreetfortpierce.org.

February 13, Wednesday: Art Wednesday at Art Bank — Art Mundo Open Studio, 5 p.m. to 9 p.m., The ArtBank at 111 Orange Avenue; Artmundo.org@gmail.com; 766-0021, www.artmundo.org.

February 15, Friday: Coffee with the Mayor — 8:00 a.m.; Treasure Coast Art Association, 332-3176, www.treasuresintown.com.

February 15, Friday: Coffee with the Mayor — 8:00 a.m.; Historic City Hall; February 15, Friday: Artmundo.org@gmail.com; 766-0021, www.artmundo.org.

February 16, Saturday: Tributes in the Town — Downtown Fort Pierce; 8:00 a.m. to 1:00 p.m.; Treasure Coast Art Association, 332-3176, www.treasuresintown.com.

SCHEDULE OF EVENTS

10:00 a.m. — 10:00 p.m. — Festival Hours
10:00 a.m. — 10:00 p.m. — Arts & Crafts Show
10:00 a.m. — Dark — Kids Zone Activities
10:00 a.m. — 12:30 p.m. — Chowder Cup Competition
11:00 a.m. — 12:30 p.m. — Iron Chef Competition
1:00 p.m. — 2:30 p.m. — Citrus Squeeze Off
2:30 p.m. — 4:00 p.m. — Ms. & Mr. Taste of the Sea
4:15 p.m. — Award Presentation (Main Stage)

Two stages will provide music, competitions and entertainment throughout the day. Bands and music committed to the festival are the Fort Pierce Jazz & Blues Society, Smoke Fog, Humdingers, Ras-tic Drop, Jackie Snell, Cheyne Band, Emily Brooke and country musician Warren Silvers. Look for more details in the March edition of the Main Street Focus.

For more information, sponsorship, vendor or volunteer opportunities on the Festival call the Main Street Fort Pierce office at 772-466-3880 or e-mail Pam at mainstreet15@aol.com; or call Kevin at 772-985-2083 or e-mail: tasteofthesea2012@ yahoo.com. Festival website: http://www.wix.com/tasteofthesea2012/festival. First Sponsor: Bev Smith Automotive Group Main Sponsor: Budweiser

Presenting Sponsors: Clear Channel Communications (WAVE Country 92.7, OLDIES 103.7, STAR 94.7), Cobb’s Landing / Original Tiki Bar Chowder Competition and the Ms. & Mr. Taste of the Sea Festival Organizers.

For more information, please contact Paul Pearson or Gabe Gonzales at 772-460-0606.

The Sandy Shoes / Taste of the Sea Seafood Festival

Above Average Entertainment and Main Street Fort Pierce, Inc. are excited to once again combine the “Taste of the Sea” Seafood Festival and the Sandy Shores Festival together for a day of great food, music and competitions. If you love fresh seafood and enjoy having a day of fun with your family, join us on Saturday, March 23, from 10:00 a.m. until 10:00 p.m. at Veteran’s Memorial Park, 600 N. Indian River Drive in beautiful Downtown Fort Pierce. Admission is free.

Bev Smith Automotive Group is the Title Sponsor for the Sandy Shores / Taste of the Sea Seafood Festival. Frank Gonzalez and the Bev Smith Automotive Groups are excited to join forces with Above Average Entertainment and Main Street Fort Pierce to sponsor this festival. Frank says “Great food, fun and entertainment will be on the agenda so make certain that you mark your calendars for this exciting event.”

This year’s festival has a lot to offer the community including arts and crafts, a section, a non-profit section, and the Ocean Boulevard, Health & Wellness Center’s Kidzone. There will be plenty of seafood — shrimp, crab cakes, clams, oysters, lobster rolls, fish and chips and other foods for the land lovers. There will be 4 competitions including the Seafood Bank Iron Chef Competition, the Waste Management Citrus Squeeze Off, the Bluewater Beach Grill / Cobb’s Landing / Original Tiki Bar Chowder Competition and the Ms. & Mr. Taste of the Sea Festival Organizers.

For more information, sponsorship, vendor or volunteer opportunities on the Festival call the Main Street Fort Pierce office at 772-466-3880 or e-mail Pam at mainstreet15@aol.com; or call Kevin at 772-985-2083 or e-mail: tasteofthesea2012@yahoo.com. Festival website: http://www.wix.com/tasteofthesea2012/festival. First Sponsor: Bev Smith Automotive Group Main Sponsor: Budweiser Presenting Sponsors: Clear Channel Communications (WAVE Country 92.7, OLDIES 103.7, STAR 94.7), Cobb’s Landing / Original Tiki Bar Bluewater Beach Grill, Laurie J. Goldstein, P.A., Ocean Boulevard, Health & Wellness Center, Pelican Seafood, Seafood Bank, St. Lucie News Tribune, and Waste Management. Supporting Sponsors: All In Fun Inc., Coca-Cola Bottling Company, Occluna Bank, Nelson Family Farms, Park’s Rental, Reliable Poly-Johns, Treasure Coast Parenting, and Varsity Sports Shop.

The Sandy Shores / Taste of the Sea Seafood Festival

http://www.wix.com/tasteofthesea2012/festival

SCHEDULE OF EVENTS

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The Sandy Shores / Taste of the Sea Seafood Festival

http://www.wix.com/tasteofthesea2012/festival
Happy New Year! This month’s tips are focused on what you should do if you are stopped by a police officer. A traffic stop is very stressful for both the officer and the citizen. Here are a few tips to ensure a safe traffic stop for all.

- When you see the blue overhead lights and/or hear the siren, remain calm, slow down and pull over in a safe location off the roadway.
- Do not exit your vehicle unless asked to do so. This is for safety reasons.
- Keep your hands on the steering wheel so the officer can see them.
- Inform the officer of any weapons in your vehicle and their location. Do not reach or point to the location.

Avoid any sudden movements, especially toward the floorboard, rear seat or passenger side of the vehicle.
- Comply with the officer’s request to see your driver’s license, proof of insurance and vehicle registration. Florida law requires you to carry these with you.
- If your documents are out of reach, tell the officer where they are before you reach for them.
- If there are passengers in your vehicle, encourage them to remain quiet and cooperate with instructions. You, as the operator, are solely responsible for your vehicle and its occupants.
- Avoid becoming argumentative. Arguing will not change the officer’s mind. If you contest the violation, you will have an opportunity to address the matter in court.
- Answer all questions truthfully.

The officer may issue you a ticket. If you feel the reason is vague or unclear, politely ask the officer for details.
- If asked to sign a citation, do so. It is not an admission of guilt. Refusal could result in an arrest.
- You have the right to politely deny a request by a police officer to search your car; however, if probable cause is present, the officer has the right to search your vehicle without your consent.

If you have a question about procedures or a complaint about your treatment, contact your local police or sheriff’s department and ask to speak with a supervisor. You may also send a letter of compliment if you feel the officer or deputy was particularly helpful in your situation. Compliments or complaints about officer’s conduct should be made within a reasonable time.
The Cake Lady Bakes and Boosts Fort Pierce

by Paula Loehr

When it comes to promoting and appreciating Fort Pierce, you are unlikely to find a more spirited cheerleader than Staci Dunn — the Sunrise City’s energetic “Cake Lady.”

Staci became The Cake Lady in 2011 when a family member asked her to bake a cake for a baby shower. “I couldn’t find a commercial cake that I liked, so I made it myself,” recalls Dunn, who started designing cakes for a myriad of occasions. Her decorative toppers are handmade and edible — individually airbrushed, painted or sculpted from sugar. Each masterpiece from her studio is a stylized work of art. She keeps her design skills fresh and focused by attending new technique classes all over the country that are taught by major leaders in the industry.

To assure that her cakes taste as delicious as they look, The Cake Lady invents irresistible flavor combinations such as coconut mousse-filled pina colada cupcakes, dark chocolate with raspberry curd cupcakes and banana cupcakes with chocolate ganache filling.

At January’s Friday Fest, Staci sported her signature baker’s apron and sassy pink-highlighted ponytail. She charted and laughed with eager prospective brides and grooms while they flipped through her colorful cake portfolio and set appointments for personalized wedding cake tastings. Most cupcakes purchased didn’t make it into carry-out boxes, as buyers opted instead to enjoy them immediately. As the evening progressed, many folks returned for second and third Cake Lady treats.

In addition to creating flavorful, visually appealing baked goods, Staci Dunn devotes a generous share of her energy to bolstering community-minded projects. During 2012, she donated several hundred gourmet cupcakes and one-of-a-kind cakes to non-profit causes like Fort Pierce Main Street’s Mardi Gras Reverse Raffle at Pelican Yacht Club and their Halloween Golf Tournament at Gator Trace Country Club.

Continued on page 11 …
WadaWash Car Wash Goes Mobile

by Pam Gillette

In 2008, WadaWash Car Wash opened their doors at 4400 Okeechobee Road with a state-of-the-art Flex Service Car Wash. It is the only car wash of its kind in the St. Lucie County area and David Raidman, Owner/Operator, is proud of the environmental and conservation-friendly car wash.

WadaWash offers Express Exterior washes and Full Service Express detailing services at one location while utilizing an automated attendant to offer affordable exterior wash packages as well as interior and exterior detailing options.

At WadaWash Car Wash, Express Exterior customers stay in the car during the wash and exit to the free vacuum area. Full-service customers stay in the car during the wash process and exit the wash into the aftercare area. At the aftercare area, the customer will exit their vehicle and they can relax in the lobby while the WadaWash team will vacuum the car, clean the windows, and perform any other detail services the customer has purchased. The WadaWash lobby offers a free coffee and tea bar, massage chairs, free Wi-Fi, television, restrooms and a nice cool spot to sit and relax while you wait for your clean vehicle.

At WadaWash Car Wash, Express Exterior customers can be in and out in as little as 3 minutes and their Express Detail Service customers are on the road in less than 30 minutes in a clean, dry, and shiny car. Now WadaWash is taking their car wash business on the road.

WadaWash Mobile Express was started in November 2012 and is offering complete car wash services at your event, party or business. Exterior washes for as little as $15 and full-service washes starting at $25. What a great way to reward or gift your friends, family and coworkers! All you need to do is call or e-mail to schedule an appointment and WadaWash Mobile Express will come to you. Quantity discounts and fleet service is available.

WadaWash Mobile Express is happy to announce Downton Day in Historic downtown Fort Pierce. The third Thursday of every month WadaWash Mobile Express will offer its downtown Fort Pierce customers a special price of $20 per car for the Full-Service Express package. They require a minimum of four vehicles per location and you must be in the Main Street Fort Pierce area for the special pricing.

WadaWash uses the latest in water reclaim and water purification technology. WadaWash Car Wash reclaim, filters, and sterilizes more than 76% of their water. They use only environmentally-safe soaps and waxes. WadaWash believes that we can work together to conserve one of our most precious resources — water.

Stop by WadaWash and check out the facilities or call/t-e-mail WadaWash Mobile Express for the mobile unit to come to you. WadaWash also offers daily specials and will work with your organization for car wash fundraisers. Check them out on Facebook for daily specials or visit www.wadawash.com.

WadaWash Car Wash is located at 4400 Okeechobee Road in Ft. Pierce for your car wash and auto detailing needs. They are open Monday to Saturday from 8:00 a.m. to 6:00 p.m. and on Sundays from 9:00 a.m. to 5:00 p.m. To schedule with WadaWash Mobile Express call 772.460.1010 or e-mail them at info@wadawash.com.

Love Found at Friday Fest

by Pam Gillette

Love can be found in the most unusual places and for Tracy Norcross and Ken Walsh that place was Friday Fest. Tracy and Ken met in March of 2003, while Ken was selling Jimmy Buffet tickets. Tracy couldn't go to the concert, but a relationship developed and the next year they went together to see Jimmy Buffet. Since that day in March they have been together and they reserve the first Friday of every month to volunteer at Friday Fest.

Ken started coming to Friday Fest in 1993 and later began selling tokens. After their meeting, Tracy joined Ken and the couple have been volunteering ever since. They are dedicated volunteers who show up every month and Main Street is happy to have them. Ken said, “We love coming to Friday Fest. We have met so many people and we love and believe in Main Street.”

Tracy and Ken love Fort Pierce. Tracy is from Massachusetts and has two sons and one daughter. She has been working at Wal-Mart for the past nine years. Ken is a native Floridian and has two sons, one daughter, two granddaughters and one grandson. He has been with CVS for the past 6 years.

They are drawn to Fort Pierce by their love for the water and the natural beauty of the Indian River. They have a love for boating and fishing.

On March 25, 2013, Tracy and Ken will be married. They will share their love for each other in front of family and friends along the beautiful Fort Pierce Indian River. Main Street Fort Pierce would like to wish them much happiness in their marriage and their future life together.

Thank you, Tracy and Ken, for the many years you have volunteered at Friday Fest and we look forward to many more years together.

The Cake Lady donated cupcakes to Staple’s for their Teacher Appreciation Day and a custom cake to the Muscular Dystrophy Association’s Lock-Up at Cobb’s Landing. At the IRSC Holiday Bazaar happy student volunteers received free cupcakes and at Heathcote Botanical Gardens Christmas Craft Market, complimentary baked goodies went to volunteers, firefighters/EMTs/paramedics and police officers, as is The Cake Lady’s custom. Dunn also donated gift certificates for custom cakes to Main Street Fort Pierce’s Roast’em former Mayor Bob Benton and retiring Tax Collector Bob Davis, and to Family Meals, Inc., for its first Christmas fundraiser. In December, The Cake Lady delivered over 300 cupcakes to local firefighters, police officers, Sheriff’s Department employees, Hospice House staff, and military recruiters to thank them for their service and sacrifice.

When Dunn enlisted her family and friends (ages 1½ – 50 years) to participate in Main Street Fort Pierce’s Sights and Sounds Christmas Parade, their entry earned first place honors in the commercial category. As for The Cake Lady’s future wish list, Dunn says with a smile, “I only wish that my clients are over-the-moon happy with their cakes, especially my brides and mommies-to-be.

To learn more about The Cake Lady’s outstanding cake creations or to order a custom cake, cupcakes or confections for any occasion, please browse her web page at www.thecakeladysbakes.com or her Facebook page – https://www.facebook.com/pages/The-Cake-Lady/172296305940460. She may also be contacted at (772) 882-8869.

Paula Loehr is a writer, registered nurse and teacher who lives, works and plays in Fort Pierce, Florida.
Now about the food: The All You Should Eat Brunch is a local not-to-be-missed event. Last year the Museum's board of directors and over 85 volunteers served some 698 guests a lavish spread of lovingly prepared food. Based upon a traditional Florida fishermen’s breakfast of fish, eggs and grits, the brunch boasts an outstanding assortment of freshly prepared brunch staples. In addition to freshly fried fish, cheese grits and scrambled eggs with cream cheese diners can feast upon freshly baked biscuits, sausage gravy, pancakes, sliced vine ripened tomatoes, Plant City strawberries, sweet rolls, breakfast breads, buttermilk pancakes, freshly squeezed orange juice and grapefruit juice from Nelson Family Farms, Bloody Mary’s, mimosas, coffee and more! All the food is cooked on the spot by a cadre of seasoned volunteers. Tickets for the Brunch are $12.50 in advance and $15.00 at the door. Children under 10 are $5.00. Children’s tickets are not available in advance. The event is held rain or shine and tickets are non-refundable.

The A.E. Backus Museum of Art is located at 500 N. Indian River Drive in downtown Fort Pierce. For tickets or information, contact the Museum at 772-465-0630. Painting raffle tickets may be purchased through the Museum’s website www.backusmuseum.com. The Museum is open Wed. – Sat. 10 a.m. – 4 p.m., Sunday 12 p.m. – 4 p.m. – 4 p.m. The Museum is closed on Monday and Tuesday. Until the Marina construction project concludes, parking can be found across the street from the Museum in the City’s Interim Public Parking Lot or behind the Museum in Veteran’s Memorial Park.
A Hand of Time DaySpa
by Pam Gillette

A Hand of Time DaySpa's credo is “Always Make Time for Yourself,” and when you do owner Susan Blaszyk and her capable staff will make sure it is an excellent, enjoyable, and relaxing experience. This is something I learned first hand from the moment I walked in the door and her staff tried to take care of me: removing a piece of lint from my eye, giving me a 10-minute stress-relieving neck massage and making me promise to come back to take care of myself.

Taking care of people is what A Hand of Time DaySpa has been doing for 22 years. The spa was originally opened by Sabrina McGlothlin and her mother Mitzi and later taken over by Susan Blaszyk and Billy Power. The spa was located on the west side of town and in September of 2012 Susan and Billy decided to relocate and join talents with Diane’s Hairlines at 118 N. Second Street. The new location offers a new stylish appearance in the beautiful historic downtown Fort Pierce district.

Co-owners Susan Blaszyk and Billy Power, along with Tom Anderson, Sabrina McGlothlin, Mitzi Moree, Kiesha Dowling, Bethany Plasse and Louise Oliveri bring many years of experience and a passion for providing personalized care to their customers.

The group was very eager to share information about the services and the many natural products they use and sell to the public.

The spa offers many services including classic facials, microdermabrasions, chemical peels, waxing services, medical therapeu tic and relaxation massages, organic spray tanning, ionic foot cleansing, acrylic and gel nails, manicures, pedicures, permanent make-up, and weight loss programs.

Susan Blaszyk and Billy Power do the ionic foot detoxification. Susan manages the spa and does the spray tanning and permanent make-up. The products used in the spray tanning are all natural & organic. They are currently training two new estheticians, Bethany Plasse and Kiesha Dowling to perform the same quality skin care they are known for.

Tom Anderson CMT, NCMT and Gerontologist has forged new paths in the understanding of releasing pain. Tom has a Bachelor of Science degree from Colorado State University, attended South Western Medical University, and has pursued studies at Bancroft School of Massage in Mass, Cayce Rylie School of Natural Medicine in Virginia, the Natural Healing Arts Institute in Colorado, and was at the top of his class at Atlantis School of Massage. Tom has 23 years of experience and is trained in 17 types of massage. He has been featured on the Today Show and PBS, is the inventor of Magatuss, an acupuncture tool and is the author of 2 books. Tom works at the spa on Saturdays, by appointment only.

Sabrina McGlothlin is the nail specialist and has 22 years of experience in all phases of nail care. She specializes in acrylic nails, gel nails, manicures and pedicures. Sabrina is noted for having a long-term business and personal friendship with her clients.

A Hand of Time DaySpa is proud to use the best quality and natural products for their clients. Sabrina uses CND products. CND is the original power polish; it is a selection of high quality products that provide you with everything you need to create high fashionable hands and nails.

Mitzi Moree, Esthetician and former owner of the shop has 22 years’ experience. She will be working with Estheticians Kiesha Dowling & Bethany Plasse to provide all levels of skin care including classic facials, microdermabrasion, glycolic & Jessner peels. A Hand of Time DaySpa is one of only a few shops in the area who has the skin classic machine which can remove skin tags, hyperpigmentations and other skin imperfections. They also provide all waxing services, including full Brazilian, while specializing in eyebrow design and maintenance.

Joining the staff is Louise Oliveri, a licensed Massage Therapist with 11 years of experience. She loves working with all types of people, specializing in Neuromuscular Therapy, Myocacia Release, Orthopedic Massage, Sports Massage, Aromatherapy and different body scrubs. She is in the Spa on Wednesdays and Thursdays.

A Hand of Time DaySpa is also the distributor of Boresha Private Estates, an exotic coffee experience with a purpose (“Drink Coffee, Lose Weight”). Boresha has a line of thermogenic products. Bskinny, Bcreamy, Bsweet and the newest product, Nuvo Green Tea energy drink, are available to control hunger, balance energy, and provide thermogenic fat-burning.

A Hand of Time DaySpa offers you multiple of services under one roof and would love for you to make them the spa of your choice. Services are by appointment only. You can make an appointment by calling the spa at 772-467-0022 or mobile phone 954-319-1232, or visit the website at www.ahandoftimedayspa.com. Spa services, special packages, and gift certificates are available.
Valentine's Day in Downtown Fort Pierce

by Tina Gillette

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: Importons' Bakery Café features a wide variety of baked goods, cookies, and bread. Uncle Carlo's Gelato will feature “I Love You” chocolate-dipped strawberries and a variety of truffles.

For a Special Flower Arrangement: Flowers for your sweetheart are an easy find at Chaney’s House O’ Flowers and at Flower Patch.

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. Roslows’ is the local supplier of Brighton, Metal Smith Jewelry, Pandora & Zoe.

Arcade building) has 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 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. Stop by Undercover Skate Board Shop on Avenue A is perfect for your skateboard fans and for the motorcyclists fans; Bonehead Motor Company has a selection of t-shirts and prints.

For the Most Romantic Valentine’s Day Meal: There’s no shortage of fine restaurants in the downtown area such as 121 Tapas at the Water, 12 A Buoy, 2nd Street Bistro, Asian Bistro, Bangkok in Downtown, Brewers Café, Buckshot Bay, Captain Bob’s, CharDogNay, 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, the Pot Belli Deli, Treasure Coast Sunrise Café, or Uncle Carlo’s Gelato.

From 121 Tapas … Valentine’s is often thought of as a couple’s night. Here at 121, Valentine’s Day is a celebration for those who are ready to take on the world with love in their hearts. If you are ready to show the world all the love in your heart come in wearing red and get 20% off.


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 and Fitness Fan: If getting in better shape or 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, One Yoga Planet, the River Walk Center or stop by Nutrition World and Aloe Herbs for Life:
Gyotaku (pronounced gee-o-tahl-ku) is a Japanese art form which translates as fish “groo” and rubbing “taku.” I wasn’t familiar with it either, until I met MarSea Purdy, a local artist and art therapist. You paint on fish then press your canvas on the fish. This was originally a form of nature printing used by Japanese fishermen to record their catches. MarSea has a space the fish. This was originally a form of nature printing used by the technique of fish rubbing — yes, you do use a real dead fish — but you don’t have to bring your own; MarSea has a source for fresh fish. I can just see some Gyotaku pillows on my sofa.

**Gyotaku**

MarSea is relocating to the area and is eager to teach the modern applications of this ancient art form. To see more of her work visit her website [www.artisticquills.com](http://www.artisticquills.com).

**Gyotaku**

She is excited to have Ginny Pierce Street teaching an ongoing workshop entitled “Professional Artist” designed to help anyone who wants to can learn the technique of fish rubbering — yes, you do use a real dead fish but you don’t have to bring your own; MarSea has a source for fresh fish. I can just see some Gyotaku pillows on my sofa.

**Art Mundo**

is offering classes in another art medium I wasn’t familiar with — **Quilling**. Quilling is the art of rolling paper on a quill and producing filigreed designs which are then used to decorate cards, invitations and mats for framed photography, and as art works in their own right. Quilling was originated in the Renaissance by nuns and monks who used the medium to decorate books and religious items. Jan Yoshiska has recently relocated to the area and is eager to teach the modern applications of this ancient art form. To see more of her work visit her website [www.artisticquills.com](http://www.artisticquills.com).

Do you need to make a Valentine’s Day present for someone special? You can do it if you hurry — Martha Cioosi’s “I LOVE CLAY” class will take place on February 2nd and February 9th. It is a two-part class in which you create two clay gifts that you can pick up on Wednesday, February 13th — in time to surprise your loved one on Valentine’s Day with a handmade gift. Go to the website [www.artmundo.org](http://www.artmundo.org) to sign up by the deadline of January 31st — hurry — you don’t have much time on this one.

**Take an Art Class at Art Mundo**

by Holly Theuns

**Ginny Pich Street and Anita Prentice**, once known as the Gaga Girls, are teaming up to offer a “Painted Bamboo” workshop in February. You will leave this one-day workshop with painted bamboo and PVC garden art to decorate your yard or balcony. You may have seen examples of this colorful and eye-catching art at the Heathcote Botanical Gardens, in yards around town or on the island — this is your chance to make some for your yard. Ginny also has a line-up of art classes on the schedule: “Brush Heads” where old paint brushes are repurposed as characters with paint and polymer clay. Don’t worry — the brushes “tell” you who they are supposed to become, as well as her popular “Painted Paper” and “Painted Paper Collage” classes. A new class offering involves making spinning tops.

**Art Mundo** is excited to have Ginny Pierce Street teaching an ongoing workshop entitled “Professional Artist” designed to help the artist get to that next level in their artistic career. Whether an artist’s goal is entering a juried show, selling more of their art, finding their artistic voice or transitioning from another identity to that of an artist, Ginny is here to empower you. She’ll help you identify and use the skill set you already have, develop the skills you may be lacking, or assist you in goal setting and peer support so you can move ahead. This is an ongoing workshop and may be joined at any time.

Have you ever wanted to experiment with pastels, watercolor or colored pencils but didn’t know what the best tools were or you needed to get started with or didn’t want the expense of a new set of art supplies? Marie Morrow has the solution to those problems. She offers workshops in different mediums that include all of the supplies you will need to complete a project in that medium and you have the opportunity to discuss the different supplies (paper, brushes, paints, etc.) with an experienced professional artist so you can continue your study of the medium without so much trial and error.

Marie also offers a weekly ongoing class for painters who want to learn and grow their skills in acrylic or oil painting. Each student works on a project of their own choosing and gets one-on-one guidance from the instructor. No drawing skills are necessary to take these classes. Marie teaches all of her students the grid method of transferring an image to canvas or paper. Do you want to learn to paint but feel like you need to start the very beginning and develop a strong foundation, to understand the basics before even starting your first original work? Then you need to take George (Georgina) Love’s “Oil Painting 101.”

George starts her students with value studies and each student works at their own pace to master the skills necessary to begin the process of producing original work. You will learn about paint colors, mixing color, what type of brush to use for what effect and gain confidence in yourself as an oil painter. Been painting and are stuck or want to further your skills? Come on down! George’s class meets weekly.

Bead weaving artist Jenny Shihona is teaching a “Beaded Bead Necklace” class at Art Mundo. Jenny has created bead kits for sale exclusively for this class so all of the angst about color and bead sizes has been taken care of. The student will leave this two session class with a three bead beaded necklace strung on a cord. You need to be able to work with small beads and have reasonable manual dexterity.

**Art Mundo** has so many wonderful classes available it is hard to describe them all. Please visit the website [www.artmundo.org](http://www.artmundo.org) for information on Joe Miller’s wood carving classes, Eduardo Gomez’s figurative sculpting classes, Bob Leathers’ “Oil Painting Like the Old Masters” and “Basic Drawing” classes, Leslie Stokes’ “Intrusive Oil Painting” classes, Susie Cassens’ painting classes for both kids and adults, and all other workshops and classes described above.

**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. Our phone number is 772-766-0021.
Energetic Team Brings Adventure to the Shopping District

by Debra Magrann

As 2013 continues to unfold, many new opportunities await those who visit historic downtown Fort Pierce. Specifically, one event has been renewed with vigor and creativity – and just in time for an historic celebration.

Jeanne Johansen has taken the helm and steered the Treasure Coast Art Association to sponsor an event known as Treasures in Town Arts & Antiques Fest. Her dynamic leadership, along with the enthusiasm of Susie Cassens and Plythe Gibbons, has turned the former Treasures in the Trunk into a treasure-hunting experience.

Treasures in Town ("TnT") is a monthly art and antique show designed to attract fine artists, published authors, photographers and antique dealers to display and sell their works. Fine collectibles and antiques are displayed from the trunks of vehicles while artisans, photographers and authors set up along the sidewalks on the fourth Saturday of each month from 8 a.m. to 1 p.m. on Second Street, north of Avenue A.

Johansen, president of the nonprofit Treasure Coast Art Association (TCAA), and her team of volunteers are the driving forces behind the event. "Shop Local" is the message she wishes to convey. TCAA members support the community and help make historic downtown Fort Pierce a vibrant area for both the gallery/studio businesses and neighboring retail shops, restaurants, and other non-profits. She adds that in order to recruit the caliber of people needed for historic downtown to be thriving, the support of local government and businesses is vital. Her commitment to that end is for most of the TnT vendors to be city residents, ensuring that the monies made here, stay here.

"TnT encourages people to explore more of downtown and identify the many opportunities available to them — the fine clothing stores, salons, our local florist, interior designer and galleries along with a host of relaxing restaurants," said Johansen. And she has just the incentive to get the public motivated: a hunt for treasure. For a nominal fee, adventurers can participate in a walking treasure hunt guided by clues. Launching from the Marina Square gazebo at 10 a.m., the mystery will unfold with hints scattered throughout Second Street shops. Find the "treasure" based on the clue and you move to the next location until you reach the grand prize drawing. Entertainment and a monthly theme celebrating Viva Florida 500 — the statewide celebration of the naming of our state 'La Florida' by explorer Juan Ponce de León in 1513 — adds to the excitement.

Johansen has networked with hometown artist Susie Cassens and Plythe Gibbons to promote TnT. Cassens is doing outreach and marketing to attract vendors and creatives for the once-a-month venue. Gibbons, who is the brainpower behind the Treasures of Fort Pierce website, is a TnT funder and Fort Pierce promoter. Other community partners are Sweet's Jewelers, Harbor Community Bank, www.treasuresoffortpierce.com, Sunrise Ford, Indian River Magazine, Ace Hardware, and St. Lucie Battery & Tire and Coldwell Banker Ed Schlitt Realtors.

The Fort Pierce Trolley is available from the Farmer’s Market to the Treasures in Town fest at no cost for those wishing transportation to North 2nd Street. The fest and trolley are free to the public.

Local participating businesses in the Fort Pierce historic shopping district will be creating their own TnT specials. Look for the Treasures in Town logo on the door or ask when visiting the shops and restaurants.

Each monthly event includes a treasure hunt, food, public art and music themes. A complete listing of event dates, vendor applications including rules and guidelines, participating downtown retail establishments and sponsors can be found on the website, www.treasuresintown.com. For vendor applications contact the Event Manager at 772.352.3176 or e-mail: treasuresintown@gmail.com. Updates are posted at www.treasuresintown.com. In the event of rain, TnT will be held the following Saturday.
Sometimes it is easier to focus on what we can see than what is hidden inside. Our skin is our largest organ, protecting us from the outside world and the first line of defense for the most amazing system known as the human body. It is pretty easy to forget that our insides need just as much protection and care as the outside. As a society we spend millions on hair care, wrinkle creams and fancy clothes but just pennies on nutrition and personal growth. I have been one to say I couldn't afford yoga but I will buy my kids toys they don't even need. It is difficult at times to choose to take care of ourselves inside out. We need to know we matter.

Each month I will choose an organ to feature and tips on how to care for it. Please don’t be misled. I still believe our bodies work completely as one — remember mind, body and spirit. We must nurture all to find our ultimate health.

This month’s organ is the heart. The heart is blessed with fresh blood being delivered every second. We need to make sure that this blood is rich in oxygen and nutrients. My favorite supplements for the heart are fish oil, CoQ10 and garlic.

Fish Oil contains the highest amount of omega-3 fatty acids. Omega-3 fatty acids benefit the heart of healthy people, and those at high risk of — or who have — cardiovascular disease. Research has shown that omega-3 fatty acids decrease risk of arrhythmias (abnormal heartbeats), which can lead to sudden death. Omega-3 fatty acids also decrease triglyceride levels, slow growth rate of atherosclerotic plaque, and lower blood pressure.

The beneficial effect of CoQ10 in the prevention and treatment of heart disease is due to its ability to improve energy production in cells, inhibit blood clot formation, and act as an antioxidant. Multiple studies have found that people who received daily CoQ10 supplements within 3 days of a heart attack were significantly less likely to experience subsequent heart attacks and chest pain. In addition, these same patients were less likely to die of heart disease than those who did not receive the supplements. Scientists have studied garlic fairly extensively as it relates to the treatment of hypertension and hyperlipidemia and it seems to be effective in lowering blood pressure and cholesterol in individuals who take it on a regular basis. The active component of garlic is an amino acid called alliin which is further converted to allicin and other active metabolites.
Okeechobee's Lake Art Fest

The 2013 Top of the Lake Art Fest is scheduled for February 9th and 10th in beautiful Flagler Park on St. Rd. 70 in the center of downtown Okeechobee. The main event will be a juried fine art show, including several Highwaymen artists. The 2013 featured artist is Highwaymen Jimmy Stovall. His art is the image of the 2013 official event poster. Autographed posters will be available for purchase.

This year’s newest feature will be a Chalk Walk, which will include street painters using a chalk medium. Spectators will have the opportunity to see the artists work on site.

Also at the event will be artisan crafters, the gallery tent, featuring local and student’s artists, children’s art activities, entertainment and food. On Saturday at 11 a.m., visitors will be able to enjoy the first annual Puppy Pageant.

A main highlight of the event will be the dedication of Okeechobee Main Street’s 5th Mural project of the old Okeechobee Hardware store, painted by artist Joseph Steiert. This event will take place on Saturday at 2 p.m.

For additional information, contact Cindy at 863-357-6246 or go to the website at www.okeechobeemainstreet.com.

Brad Phares of Okeechobee won Best of Show last year.

Highwaymen artist, Jimmy Stovall, of Ft. Pierce won the poster award and is shown with his art that will be the image for the 2013 Top of the Lake Art Fest poster.
New Year = New You  by Angel Lugo, Anytime Fitness Manager and Personal Trainer

Well, it’s that time of year again. We have made our resolutions; be it to lose weight, get healthier, or get in better shape. It’s been about a month or two since you’ve made the commitment to a healthier life. It’s been about a month or two since you’ve made the commitment to a healthier life. You may have come across some rough times keeping a positive attitude and staying consistent with your workout schedule and eating plan.

Staying motivated can be an ongoing battle, even with the most dedicated people. When you start, it was with the best interest. Remember, you are trying to create a new lifestyle. That means breaking old habits that keep you from getting to the gym and following your meal plan and healthier life.

At times, it seems as if we will never reach goals until we can make these lifestyle changes. Here are some common habits that keep us from achieving our goals:

Not planning workouts. You will always have something to do — work, family, school, social events, house maintenance, etc.

If you are going to the gym when you let any of these situations come first, you will most likely skip workouts.

Create your workout schedule with specific days and times. On these days, this is the priority.

Have a support group. Reach out to people that have completed or are starting a fitness challenge. Get on social fitness sites. You will get tips from people that have experienced some of the challenges you may encounter. Let people know what you are doing; this makes you accountable.

Change your workout. Update your workouts every three to five weeks. It can be as easy as changing the order of exercises, number of reps, or changing a few exercises. Change cardio equipment from treadmill to an elliptical or bike. Maybe take a class. We don’t want our bodies to adapt.

Keep healthy foods in the house. Don’t think that you will stay on a healthy meal plan if you keep non-healthy foods around the house. You are a work-in-progress and the beginning stage is very important. It’s too easy to give in when non-healthy foods are around. Always drink plenty of water.

Don’t run yourself into the ground. Maintain a positive attitude; make sure you’re not trying to do too much in a day. Get plenty of rest and keep an eye on signs of overtraining.

Anytime Fitness is located at 111 Orange Ave. in Fort Pierce; phone 772-461-2348.

Downtown Fort Pierce Farmer’s Market — A Treasure of the Treasure Coast

by Keith Lustig

On any Saturday morning, you could be greeted by the sound of great music, the smell of fresh-baked bread, and the friendly hello of a four-legged friend; all this before you even get a fresh, brewed cup of coffee. These are just some of the sights and sounds of the Fort Pierce Farmer’s Market, one of the largest in the state.

Residents and tourists gather at the weekly market to stock up on fresh produce, jams & jellies, baked goods, sauces, plants, and much more from over 60 local vendors. In addition to seeing old friends and making new ones, the view looking out on the Indian River can’t be beat.

The historic downtown area also boasts restaurants, the public library, the Manatee Center, the City Marina, and the Saturday morning Arts and Crafts Market run by the Fort Pierce Jazz Society.

The Downtown Farmer’s Market manager, Eric Seibenick says, “It is not only a Fort Pierce landmark, but a Saturday morning tradition for many.” He adds, “People can take advantage of the free trolley service or the free parking at the city parking garage.”

The market would like to welcome its newest vendor, Island Girls Salsa & Such. Carol Tarble and her sister Denise Hilbert are the owners and founders of this business using old family recipes and introducing new creations. A new strawberry salsa is in the works currently. The sisters purchase fresh local produce, make the products on Friday, and bring it to the market Saturday morning.

“The opportunity to vend our product at the Downtown Farmer’s Market is terrific,” states Carol Tarble. “We were welcomed by the manager, the board members, and neighboring vendors. Lively music and the beautiful surroundings, good coffee and food, friendly folks, and a wonderful variety of products keep the market vibrant.”
Treasure Coast Fishing
by Dan Dannahower

Ever catch a really big fish — a 20-, 30-, or 50-pounder; maybe even bigger? Fort Pierce-area residents and visitors have an opportunity to do just that, right in our own back yard — the Atlantic Ocean. From bottom fishing for grouper and snapper to trolling for dolphin and sailfish, the ocean waters just to our east offer unlimited opportunities for anglers. Bring home some filets for the grill, fight and release a trophy sailfish, or land a kingfish for the smoker. These are just a few of the many experiences waiting for those willing to give it a try.

There are several ways one can go about chasing that “big one that didn’t get away.” If you own a boat or have access to one, a number of local tackle and bait shops are available. They can provide a wealth of expertise on tackle, lures, baits, fishing methods and much more. Let their knowledge help you improve your odds and have a great ocean experience with friends or family.

Another option is a day on a “party boat.” For a reasonable fee you can get out on the ocean, bottom fish for a number of species with other folks who want to catch a big one, and enjoy the salt air and sunshine. One example is the Captains Lew which leaves the Fort Pierce City Marina around 8:30 a.m. and returns in the late afternoon.

For the premier experience and your best bet catching a “trophy,” try one of the many local sportfishing charter boats. A bit pricier, these expert guides can provide you with the ultimate “trophy,” try one of the many local sportfishing charter boats. A bit pricier, these expert guides can provide you with the ultimate offshore experience, and the fee can be split by up to six people. Charters can be located in the yellow pages, at local tackle shops or through the Fort Pierce City Marina.

There are also a number of professional guides available who concentrate on the inshore waters of the Indian River Lagoon for a great day of fishing. These gents can lead you to a stringer of spotted sea trout, redfish, snook and a lengthy list of other inshore species. Great for days when the offshore waters are too rough or perhaps you have a younger fisherman who would just like to catch lots of fish, inshore fishing offers fun for anyone who loves to be on the water.

Give it a try! Whether you hire a charter, join the party boat, or go on your own with a friend, fishing in Fort Pierce waters can be an awesome experience. Whether you land that 50-pound cobia or just see some flying fish, turtles and crystal blue water, you won’t be disappointed!
Location, Location, Location!

This little piece of real estate can be your best investment! Advertise your business on the Main Street Dining page! Reach friends & neighbors, the business community, residents & visitors. And support Main Street Fort Pierce as we support you! Call 466-5880 to place your ad today.

Main Street FOCUS February 2013