3rd Annual
Highwaymen Artists Celebration Weekend

The City of Fort Pierce and the Backus Museum and Gallery present this annual outdoor cultural heritage experience to commemorate the world-renown Highwaymen artists.

FRIDAY • SATURDAY • SUNDAY
FEBRUARY 16 • 17 • 18
Downtown Fort Pierce has been a labor of love for our organization since 1988. Now, 30 years later, the hard work of many has transformed this area into a thriving community full of historic charm. People love downtown Fort Pierce and it shows!

Come downtown during the month of love and celebrate all that Fort Pierce has to offer.

Art lovers can enjoy numerous galleries: the Backus Gallery & Museum, Seriously Mixed Media Art, and Peacock Clay Collaborative, to name a few. Delight in a show or two at the Sunrise Theatre, take the kids to the Manatee Observation & Education Center, and visit the Cobb/Adams Cultural Center at the historic P.P. Cobb Building.

Did you know that the Fort Pierce City Marina is home to the finest fishing charters on the east coast of Florida? If you love the Indian River, take a guided tour and witness the glorious sight of dolphins at play or rent a kayak to view the slow grace of manatees in the wild.

Food lovers can go on a culinary journey. With more than a dozen choices, there is a restaurant for everyone — Floribbean to Asian, Italian to Spanish. The Sailfish Brewing Company is the Treasure Coast’s first brewery. Traditional romantics can stroll through the beautiful shops, salons and spas, and a first rate flower shop.

Someone once asked me why I love Fort Pierce. My answer — “This is where my heart is.” I hope you feel the same way.
CALENDAR

Dine, Shop and Enjoy Beautiful, Historic, Downtown Fort Pierce!

February 2, Friday: FRIDAY FEST — 5:30 to 9:00 p.m. at Marina Square & Melody Lane; Live music by Will Vaughn, and friends including A.J. Gordon, Samara Knowles & Harva Tate; Main Street Fort Pierce; 466-3880; www.mainstreetfortpierce.org.

February 6, Tuesday: HISTORIC TROLLEY TOUR, Fort Pierce Through the Decades — 9:30 and 11 a.m.; $10 per person; Reservations required; Main Street Fort Pierce, 466-3880; www.mainstreetfortpierce.org.

February 8, Thursday: ARTWALK — 8:00 a.m.; Various studios and shops open at Crossing Church Fort Pierce; held 8:00 a.m.; presented by MAYOR —

February 9, Friday: ARTWALK — 8:00 p.m. at Marina Square & Melody Lane; Live music by Will Vaughn, and friends including A.J. Gordon, Samara Knowles & Harva Tate; Main Street Fort Pierce; 466-3880; www.mainstreetfortpierce.org.

February 10, Saturday: 3RD ANNUAL THE HIGHWAYMEN HERITAGE TRAIL ART SHOW — 10 a.m. to 4 p.m.; at the Platts/Backus House; 772-464-4672 • heathcotebotanicalgardens.org

February 11, Sunday: HISTORIC TROLLEY TOUR, Women's History: Fort Pierce's Leading Ladies — 9:30 and 11 a.m.; $10 per person; Reservations required; Main Street Fort Pierce, 466-3880; www.mainstreetfortpierce.org.

February 16, Friday: COFFEE WITH THE MAYOR — 8:00 a.m.; presented by City of Fort Pierce; Sponsor: Crossing Church; held at Fort Pierce Yacht Club; 466-3880; www.mainstreetfortpierce.org.

February 16, Friday: ARTWALK — 5 to 8:00 p.m.; Various studios and shops open throughout the downtown area; peacecokey.com, seriouslynimeedmedia.com, www.artconnectionFL.com

February 16, Friday: CELEBRATING FLORIDA LANDSCAPE. Art Show by Anita Priester & Dorothy Har Tasures — 5 to 7:30 p.m.; at the Platts/Backus House; 466-3880; www.mainstreetfortpierce.org.

February 17, Saturday: 3RD ANNUAL HIGHWAYMEN HERITAGE TRAIL ART SHOW & FESTIVAL — 10 a.m. to 4 p.m.; at the Moore's Creek Linear Park. (See article page 6.)

February 22, Thursday: HISTORIC TROLLEY TOUR, Fort Pierce Through the Decades — 9:30 and 11 a.m.; $10 per person; Reservations required; Main Street Fort Pierce, 466-3880; www.mainstreetfortpierce.org.

March 6, Tuesday: HISTORIC TROLLEY TOUR, Women's History: Fort Pierce's Leading Ladies — 9:30 and 11 a.m.; $10 per person; Reservations required; Main Street Fort Pierce, 466-3880; www.mainstreetfortpierce.org.

March 10, Saturday: HISTORIC TROLLEY TOUR, Women's History: Fort Pierce's Leading Ladies — 1 and 2:30 p.m.; $10 per person; Reservations required; Main Street Fort Pierce, 466-3880; www.mainstreetfortpierce.org.

March 20, Thursday: HISTORIC TROLLEY TOUR, Women's History: Fort Pierce's Leading Ladies — 9:30 and 11 a.m.; $10 per person; Reservations required; Main Street Fort Pierce, 466-3880; www.mainstreetfortpierce.org.

March 24, Saturday: Bat Smith Automotive Group Presents: SANDY SHOES SEAFOOD & BREWS — 10 a.m. to 8 p.m.; Main Street Fort Pierce, 466-3880; www.mainstreetfortpierce.org.

SAV E THE D ATE

March 24, Saturday: Bay Smith Automotive Group Presents: SANDY SHOES SEAFOOD & BREWS — 10 a.m. to 8 p.m.; Main Street Fort Pierce, 466-3880; www.mainstreetfortpierce.org.

WEEKLY EVENTS

Wednesdays: Wednesday Green Market — Rain or Shine 12:00 – 6:00 p.m., Downtown Marina Square; 971-8448.

Saturdays: The Jazz Market — 8:00 a.m. to 1:00 p.m.; north side of the Downtown Fort Pierce Library; Jazz & Blues Society, 460-5299, www.jazzconnectionfl.org

Saturdays: Ft. Pierce Farmer’s Market — 8:00 a.m. to Noon; Marina Square on Melody Lane; Market Manager, 940-1145.

Saturdays: Pierce Harbor Flea Market — 8:00 a.m. to 2:00 p.m.; Depot Drive parking lot behind City parking garage.

LIVE MUSIC DOWNTOWN

www.allthingstreasurecoast.com

Sailfish Brewing Company Facebook/Sailfish Brewing Company The Original Tiki Bar www.tikobarandrestaurant.com Cobb’s Landing www.cobbz-landing.com

SUNRISE THEATRE & SUNRISE BLACK BOX

772-461-4775 • www.sunrisetheatre.com

Tuesdays: Jazz Jam at the Sunrise Black Box Theatre — 7:00 – 10:00 p.m.; 460-5299; www.jazzsoc.org.

February 7, Wednesday 7:00 p.m. — National Touring Company of Buddy: The Buddy Holly Story.

Follow us

@ 7:30 p.m. — The Hit Men

February 23, Friday: 8:00 p.m. — Bluebird Productions Presents: Toronto Cannon; Black Box Theatre.

February 23, Friday: 8:00 p.m. — Bluebird Productions Presents: Toronto Cannon; Black Box Theatre.

February 24, Saturday: 8:00 p.m. — An Evening With Neil Sedaka.

COMMUNITY INFORMATION

A.E. Backus Museum 772-465-0630 • www.backusmuseum.com

Downtown Fort Pierce Library 772-562-2787 • www.ftl.lib.fl.us

Fort Pierce Jazz & Blues Society 772-460-5299 • www.jazzorganisation.org

Fort Pierce Police Athletic League 772-370-6162 • www.shrewdstpill.com

Volunteers needed: 772-465-0606

Fort Pierce River Walk Center 772-489-8473 • www.cityoffortpierce.com

Healthco Botanical Gardens 772-484-6072 • healthcobotanicalgardens.org

Manatee Observation & Education Center 772-429-6266 • www.manateecenter.com

National Navy UDT-SEAL Museum 772-595-5840 • www.navysaleum.org

St. Lucie County Aquarium 772-462-3674 • www.stluciocounty.gov/marine_center

St. Lucie County Regional History Center 772-462-1795 • www.stluciocounty.gov/history

Okeechobee Hosts its Annual Top of the Lake Art Fest

The 2018 Top of the Lake Art Fest is scheduled for February 10th and 11th, in beautiful Flager Park on State Road 70 in downtown Okeechobee. The hours for this free event are Saturday from 10 a.m. to 5 p.m., and Sunday from 10 a.m. to 3 p.m.

The juried art show features fine art by local and national artists. Also at the event will be artisan crafters, emerging artists, a gallery tent that features local and student artists, children’s art zone, entertainment, and food. The featured artist is Bob Bachman of Lighthouse, Florida, whose beautiful image of a white egret flying over Lake Okeechobee will be the 2018 Art Fest poster.

Chalk Walk street painting and sand sculpture will round out the art fest. Spectators will have the opportunity to see the artists work on-site.

New to the event, is a Puppy Parade Contest for Artsy Artie and the “Pawcasso” art tent, where you can get your pet’s paw-print made into a work of art on canvas.

There will be a special appearances of Soundlinger and KulturnHout from the famed Okeechobee Music & Arts Festival. There will be two Shriners Shocks sculptures from last year’s event on display.

The popular Taste of Okeechobee will follow the art fest on Saturday from 4 to 7:30 p.m. The Taste of Okeechobee always draws a big crowd as local restaurants showcase their specialties. The tasters will enjoy all the flavors as they stroll along Park Street in downtown Okeechobee. Local businesses on Park Street will also participate. Tickets are limited and can be purchased at the Okeechobee Main Street office or online at www.okeechobeemainstreet.org.

Call Okeechobee Main Street at 863-357-6246 for more information. ❖
Annual Highwaymen Tribute Event Expands to 3-Day Weekend Celebration – February 16 to 18

The City of Fort Pierce’s annual tribute to the Florida Highwaymen artists and their contribution to the rich cultural history of Fort Pierce will be held Saturday, February 17th, from 10 a.m. to 4 p.m. at Moore’s Creek Linear Park, at the corner of Avenue D and 8th Street.

The event will feature many of the ‘original’ and second-generation Highwaymen artists who will be on hand displaying and selling their art, as well as tribute booths for several of the deceased artists; live jazz music, food, novelty vendors and a “Kid’s Zone.”

Free guided Highwaymen Heritage Trail tours will be available during the event, by reservation only, by calling 772-467-3183.

The event will include an exhibit of Highwaymen Art Contest entries submitted by area fifth-grade students who participate in the event’s educational component. A special tribute to Zanobia Jefferson, the Lincoln Park Academy art teacher who introduced future Highwaymen students to A.E. ‘Bean’ Backus in the 1950s, will also be on display at this year’s festival.

The City of Fort Pierce is happy to be collaborating with the A.E. Backus Museum and Gallery this year. The Museum will host a Highwaymen Open House Weekend on February 16th, 17th and 18th. The weekend kicks off Friday evening from 6 to 8 p.m., with a talk and reminiscence by Doretha Hair Truesdell, widow of Original Highwaymen artist Alfred Hair, entitled ‘The Early Days’ (free for Museum members; $20 for non-members). A special weekend sale of stellar vintage Highwaymen paintings by Florida’s most reputable Highwaymen dealers will take place on Saturday from 10 a.m. to 4 p.m. and Sunday from 12 to 4 p.m. The City of Fort Pierce will provide a free shuttle on Saturday for visitors to travel between the festival and the Backus Museum.

The Trail and accompanying website, TheHighwaymenTrail.com, are part of a multi-year project underwritten by two grants from the Florida Humanities Council (FHC) and the City of Fort Pierce’s contribution of matching funds, plus hundreds of staff hours. More information on the event is available by calling 772-467-3183 or by visiting https://thehighwaymentrail.com.
Prime Office Park: Buy or Lease

Great Midway Road location. 5 buildings on 8+ acres with separate parking. 2 story anchor building.
Good income producing 6% cap rate. 1,400 – 10,000 sf open to lease, asking $15/ft. Great income potential!

Joanne McCarthy, Broker / Owner, 772-216-2821
10 Merrick Lane, Fort Pierce • www.MCCsaltyWater.com

Have the power of knowledge on your side;
Call... Berger, Toombs, Elam, Gaines & Frank
Certified Public Accountants PL

(772) 461-6120
(772) 219-0220

$10 Off With This Ad

Specializing in Massage Therapy
772-801-5584
phw.massagetherapy.com
208 Avenue E, Downtown Fort Pierce in historic Edgartown

HARD MONEY PRIVATE REAL ESTATE LOANS

Purchase or Cash out Refinance Today!

$ Single Family, Condos, Land, Multifamily, Strip Centers
$ No Income Check / Bad Credit OK
$ Loans up to 65% of Value, Equity based loans
$ Decisions in Hours and Close in Days
Call Today for a Free Consultation
Robert 861-305-1401 NewHorizonGroup.org

New Horizon Financial Group
Serving Florida For 20 Years

302 Art Show & Festival Highwaysmen Heritage Trail
Saturday, February 17, 2018 10am-4pm
Moore's Creek Linear Park - 8th Street & Avenue D - Fort Pierce

Featuring the “Original” and “2nd Generation” Highwaysmen Artists
Free Guided Highwaysmen Trail Tours
Reservations: 772-457-0169
Live Jazz Music ★ Local Cuisine
Art Contest Exhibit ★ Kid’s Zone ★ Free Downtown Shuttle ★

Come Early!
Highwaysmen Celebration Weekend
A.E. Backus Museum & Gallery
500 N. Indian River Drive

Friday, February 16 - 6-8pm
“The Early Days” - a lecture by Doretha Hair Truesdell. Highwaysmen artist and widow of Alfred Hair, the first Highwaysman.

Saturday, 10am-4pm / Sunday, 12noon-4pm
Special sale of stellar vintage Highwaysmen paintings by reputable Highwaysmen art dealers.

TheHighwaysmenTrail.com

$10 Off With This Ad

Specializing in Massage Therapy
772-801-5584
phw.massagetherapy.com
208 Avenue E, Downtown Fort Pierce in historic Edgartown

HARD MONEY PRIVATE REAL ESTATE LOANS

Purchase or Cash out Refinance Today!

$ Single Family, Condos, Land, Multifamily, Strip Centers
$ No Income Check / Bad Credit OK
$ Loans up to 65% of Value, Equity based loans
$ Decisions in Hours and Close in Days
Call Today for a Free Consultation
Robert 861-305-1401 NewHorizonGroup.org

New Horizon Financial Group
Serving Florida For 20 Years

302 Art Show & Festival Highwaysmen Heritage Trail
Saturday, February 17, 2018 10am-4pm
Moore's Creek Linear Park - 8th Street & Avenue D - Fort Pierce

Featuring the “Original” and “2nd Generation” Highwaysmen Artists
Free Guided Highwaysmen Trail Tours
Reservations: 772-457-0169
Live Jazz Music ★ Local Cuisine
Art Contest Exhibit ★ Kid’s Zone ★ Free Downtown Shuttle ★

Come Early!
Highwaysmen Celebration Weekend
A.E. Backus Museum & Gallery
500 N. Indian River Drive

Friday, February 16 - 6-8pm
“The Early Days” - a lecture by Doretha Hair Truesdell. Highwaysmen artist and widow of Alfred Hair, the first Highwaysman.

Saturday, 10am-4pm / Sunday, 12noon-4pm
Special sale of stellar vintage Highwaysmen paintings by reputable Highwaysmen art dealers.

TheHighwaysmenTrail.com

$10 Off With This Ad

Specializing in Massage Therapy
772-801-5584
phw.massagetherapy.com
208 Avenue E, Downtown Fort Pierce in historic Edgartown

HARD MONEY PRIVATE REAL ESTATE LOANS

Purchase or Cash out Refinance Today!

$ Single Family, Condos, Land, Multifamily, Strip Centers
$ No Income Check / Bad Credit OK
$ Loans up to 65% of Value, Equity based loans
$ Decisions in Hours and Close in Days
Call Today for a Free Consultation
Robert 861-305-1401 NewHorizonGroup.org

New Horizon Financial Group
Serving Florida For 20 Years

302 Art Show & Festival Highwaysmen Heritage Trail
Saturday, February 17, 2018 10am-4pm
Moore's Creek Linear Park - 8th Street & Avenue D - Fort Pierce

Featuring the “Original” and “2nd Generation” Highwaysmen Artists
Free Guided Highwaysmen Trail Tours
Reservations: 772-457-0169
Live Jazz Music ★ Local Cuisine
Art Contest Exhibit ★ Kid’s Zone ★ Free Downtown Shuttle ★

Come Early!
Highwaysmen Celebration Weekend
A.E. Backus Museum & Gallery
500 N. Indian River Drive

Friday, February 16 - 6-8pm
“The Early Days” - a lecture by Doretha Hair Truesdell. Highwaysmen artist and widow of Alfred Hair, the first Highwaysman.

Saturday, 10am-4pm / Sunday, 12noon-4pm
Special sale of stellar vintage Highwaysmen paintings by reputable Highwaysmen art dealers.
Don’t Miss The 22nd Annual “All You Should Eat” Backus Brunch!

In the tradition of A.E. “Bean” Backus, who knew the best way to bring people together was art and food, the A.E. Backus Museum & Gallery invites you to join us for the 22nd Annual “All You Should Eat” Backus Brunch on Sunday, March 4 from 9:30 a.m. to 12 noon. Brunch tickets are $20 in advance or $25 at the door, rain or shine. The annual raffle drawing for an original Backus painting will be held at 12:30 p.m., with raffle tickets still available for $20 each, or three for $50.

The Backus Brunch is the modern translation of an authentic Florida Cracker breakfast, with many extras to enjoy. The signature menu items are fresh-fried mahi-mahi, creamy scrambled eggs laced with cream cheese and other secret ingredients, southern-style biscuits, and cheese grits. But why stop there, when there’s also sausage, pancakes, biscuits with the Summerlin family secret recipe for sausage gravy, fresh squeezed orange juice, Plant City strawberries, and naturally, mimosas and Bloody Marys.

Each year, the Backus Brunch peaks at 12:30 p.m. with the raffle drawing for an original painting. This year, the painting is an iconic 20” x 24” scene, Hutchinson Island Coconut (1989), oil on canvas, valued at $25,000. Only 2,500 tickets will be available this year, so odds are exceptionally good if you participate. Raffle tickets are available at $20 each, or three for $50. You need not be present to win, but you do need to buy a ticket, and the more you buy, the better your chances.

While enjoying the Backus Brunch or waiting for the raffle, you can enjoy the last days of the special exhibition “Blazing the Trail” with the Highwaymen at the Backus Museum. The opening reception for “Blazing the Trail” is Friday, February 16 from 6:00 to 8:00 p.m., beginning with a lecture by Doretha Hair Truesdell, widow of the original and founding Highwayman, Alfred Hair. The experienced artist recognized the emerging talent in the student, Alfred Hair, and became a mentor. With training in art, audience, and business, Hair launched a movement. He invented a new business plan for himself and a small set of friends, who began making and selling their own works of art from the trunks of their cars up and down the coast. With success, they grew to number more than two dozen, and over the years painted tens of thousands of works to meet the demand. The loosely associated group later became collectively known as the Florida Highwaymen.

The original Highwaymen blazed their own trail by way of the arts, and their creative and innovative spirit continues to inspire. In 1974, Backus himself included two Highwaymen artists in an exhibition he organized in the original Fort Pierce Art Gallery (now the A.E. Backus Museum), and the very first retrospective of the Highwaymen was presented here in 1995. In 2004, the group was recognized and inducted in the Florida Artists Hall of Fame, and in 2016, the Smithsonian's National Museum of African American History and Culture opened with eighteen Highwaymen paintings in its collection, a testament to the compelling story. The A.E. Backus Museum is proud to continue sharing that story, which started in Fort Pierce and is now known far beyond.

The opening reception for “Blazing the Trail” is Friday, February 16 from 6:00 to 8:00 p.m., beginning with a lecture by Doretha Hair Truesdell, widow of the original and founding Highwayman, Alfred Hair. Museum members are free, non-members $20. The opening reception kicks off a weekend of celebration, including the City of Fort Pierce's third annual Highwaymen Heritage Trail Art Show & Festival on Saturday, February 17, and a special dealers’ sale of vintage Highwaymen paintings outside of the Museum on Saturday and Sunday, February 17 and 18. Admission to the Museum is free all weekend. “Blazing the Trail: Vintage Paintings by the Original Highwaymen” is on view January 11 to March 8, 2018. For more information, please visit www.BackusMuseum.com or www.TheHighwaymenTrail.com.
The Manatee Center Celebrates Environmental Education in 2018

by Rachel Tennant, MOEC Manager

Have you visited the Manatee Center lately? A unique gem in downtown Fort Pierce, the Manatee Observation & Education Center is a volunteer organization led by 80 volunteers and four staff members (affectionately known as the ManaTeam). If you’ve visited, odds are high that you met a MOEC volunteer — someone donating their personal time to the protection of and education about our precious Indian River Lagoon and its inhabitants.

Established in October 1996, the Center is just over 21 years old. Visiting the Center, you will find an indoor exhibit hall with a closed-captioned welcome video describing the Manatee Center and manatees. You’ll also find living displays including a predator tank, seahorse tank, community reef tanks, touch tank, and more to give you a peek at what’s in the Indian River Lagoon and beyond. Your visit can be self-guided, or a volunteer will walk you through different exhibits, explaining the critters on display.

Next door, at the Vanishing Mermaid Gift Shop, you’ll find a surprise collection of the most beautiful and interesting (and affordable) items around. From kid’s plush to educational toys, there’s no guarantee whether you’ll see them, but they tend to visit more often during the cooler winter months, and you can always call in advance to ask if manatees have been spotted that day.

This year, the Manatee Center is celebrating its 21 years with a series of added programs and events all year long. The MOEC Education Program is expanding to include more frequent activities, including kayak programs, nature photography classes, and kid’s day camps, on top of the regular field trips and traveling touch tank programs it already offers.

Visit the Center grounds on Saturday, February 24th at 10 a.m. to 3 p.m., to learn more during the 22nd Annual NatureFest. NatureFest is an environmental festival at the Manatee Center that brings together over 30 local environmental nonprofits, parks, ecocenters, and businesses, for a day full of family activities and local nature and community information. There will be live animals, demonstrations, and hands-on educational and craft activities. For the first time ever, there will also be a native plant sale fundraiser, hosted by D.R. Bates Liners & Gallons, selling native plants and kitchen herbs in support of the new Manatee Center butterfly and pollinator garden along Moore’s Creek.

Next month, join the Manatee Center for its 10th Annual Manatee Center 5K Walk/Run on March 17th, 2018. This will be a special 10th anniversary and St. Patrick’s Day celebration you don’t want to miss. Kids 15 and under register for only $15, and adults register for $30 until February 21. Proceeds of this 5K support the Manatee Center through the 501(c)(3) nonprofit Treasure Coast Manatee Foundation. You can sign up at http://www.runsignup.com/race/ftfortpierce/ tcmfmanateecenter5k.

The Manatee Center February Events

by Rachel Tennant, MOEC Manager

Saturday, February 3rd at 10 a.m. — 12 p.m.
Riverside Lagoon Cleanup
We will provide all cleanup materials. RSVPs encouraged at 772-466-1600 ext. 3337. Free event.

Friday, February 9th at 12 p.m.
Lunch & Learn
Presentation: “Leave No Trace” with Stephanie Whatton and Andy Mossey of the Subaru/Leave No Trace Center for Outdoor Ethics. Bring your lunch and learn how Leave No Trace can be applied to efforts to conserve and protect our beautiful Indian River Lagoon. Free event.

Saturday, February 17th at 2 p.m.
Naturalist Kayak Tour with the Manatee Center
Join us for a naturalist kayak tour led by a Manatee Center guide. This easy 90-minute paddle is perfect for beginners and for anyone who wants to learn more about the Indian River Lagoon. $20 registration. RSVP with Erin Lomax at 772-466-1600 ext. 3337.

Saturday, February 24th at 10 a.m. — 3 p.m.
22nd Annual NatureFest
Join the Manatee Center for our 22nd Annual NatureFest environmental festival. With over 30 booths from local environmental and outdoor groups, including nonprofits, parks, and ecocenters, plus local businesses, you’re sure to learn something new about the Indian River Lagoon. Great for kids and adults alike. Free event.

Recurring Programs

Tuesdays, 1:30 p.m. — Fin-Tastic Fish Feeding — come meet the fishes in the Center!
Wednesdays, 1:30 p.m. — Tide Pool Touch Tank — touch and hold the urchins, conchs, and more!
Thursdays, 1:30 p.m. — Meet the MOEC Reptiles — and witness Diego the corn snake eating.
Fridays, 1:30 p.m. — Seahorse Snack Time — watch the MOEC seahorses eat and play.
Satudays, 1:30 p.m. — Fin-Tastic Fish Feeding — come meet the fishes in the Center!

Every 1st and 3rd Thursday at 10:30 a.m. — Mermaid Tales — join us as we share tales from the sea. From the fantasy world of mermaids to the real-life, awe-inspiring world of marine animals, this is one story time you don’t want to miss! ❖
Mayor’s Message: A Very Special Highwayman Painting

by Linda Hudson, Mayor, City of Fort Pierce

Late last year, local collector, Matt Samuel, mentioned that he wanted to show me a special Highwayman painting. If I liked it, he would allow me to hang it in my office for a time. He showed up at our prearranged time, and first gave me a handwritten note that should always accompany this particular painting.

The note reads: "My Grandfather’s name is Henry David King. He worked at the Fort Pierce Electric plant from the 1940s to 1966, when he retired. They named it after him, the H.D. King Municipal Power Plant. He was friends with Bean Backus and got to know Alfred and was able to acquire some of his early paintings from late 1959 to 1966. This painting was one he acquired in 1960." —David King

The painting is indeed special, with a beautiful blue background and soft yellow hibiscus blooms on a green branch showing some yellow buds. It is also special because it’s believed that this painting was early enough to have been one that Alfred Hair painted, under the watchful eyes of A.E. “Beanie” Backus. Hair was brought to the attention of Backus, the Fort Pierce landscape painter, by Lincoln Park Academy art teacher, Zanobia Jefferson. Hair is also generally credited to be the first, and one of the best, Highwaymen artists, a group who sold their paintings out of the trunks of their cars along the Florida highways.

The H.D. King plant is gone and the property is ready for redevelopment. Twenty-six Highwaymen artists were inducted into the Florida Artist Hall of Fame in 2004, many of them from Fort Pierce. The City has established the Highwaymen Heritage Trail and will be hosting the third annual Highwayman Art Show and Festival, February 17, 2018. This early painting by Alfred Warner Hair, 1941–1970, is a vivid reminder of the history and culture of Fort Pierce, and the brightness of its future.

Visit https://www.cityoffortpierce.com/483/Highwaymen-Heritage-Trail-Festival and mark your calendar for Saturday, February 17, for the Highwaymen Heritage Trail Art Show and Festival at Moore’s Creek Linear Park. For information on the Highwaymen and Beanie Backus, visit http://www.backusmuseum.com/.

Fort Pierce Mayor Awards Neighborhood Gems at Coffee with the Mayor

City of Fort Pierce Mayor, Linda Hudson, announced the winners of the Mayor’s Neighborhood Gems Award at the December Coffee with the Mayor.

The Keep Fort Pierce Beautiful Committee, City of Fort Pierce Code Enforcement Department and Mayor Hudson have partnered together to recognize residential and business improvements. The award is intended to build community pride by recognizing a gem in a neighborhood. A gem can be yard and/or outdoor improvements that show pride of place. Recognizing Neighborhood Gems is meant to encourage others to improve the attractiveness and cleanliness of their homes which will contribute to safer, cleaner neighborhoods and a sense of community that will improve the quality of life throughout the City of Fort Pierce.

Winners received a sign for their yard, a goody bag and an energy saving kit from the Fort Pierce Utilities Authority.
Main Street Fort Pierce is hosting a unique art show called, "Celebrating Florida Landscape," on Friday, February 16th. This show features two amazing local artists: Anita Prentice and Doretha Hair Truesdell.

Anita Prentice is a talented Mosaic artist noted for her more than 150+ benches placed throughout St. Lucie County. Anita has adorned grave markers, worked on numerous public markers, including tributes to the Highwaymen.

Doretha Hair Truesdell is the widow of the first Highwayman, Alfred Hair. Doretha initially helped Alfred, by shellacking boards and painting backgrounds. She is now an artist in her own right with her "Oil on Canvas & Masonite" landscapes.

Anita met Doretha in 2004, when she was creating a mosaic tribute on Alfred Hair's gravesite.

Continued on page 18 ...
in Pine Grove Cemetery. They quickly formed a lasting friendship. Prentice says ‘Last year was our first show together. It was such a huge success we decided to do it again this year. We are two women, doing a similar subject matter that celebrates Florida’s vanishing landscape. Having the show at Beanie Backus’ house is like coming full circle. Beanie taught Alfred in the studio there.’ Now, almost 50 years later his wife is showing where he got his start.

Please join us at the Artist Reception on Friday, February 16, 2018 from 5:00 to 7:30 p.m. at the Platts/Backus House. The reception will be held at the Platts/Backus House, 122 A.E. Backus Avenue in Historic Downtown Fort Pierce, Florida. Call (772) 466-3880 for more information.

Looking for more art? You are invited to the ever-popular downtown Fort Pierce Art Walk to be held on the same evening, from 5:00 to 8:00 p.m. Visit more than 20 art studios throughout the evening. Maps will be available at the Platts/Backus house the evening of the event. To find out more visit https://www.facebook.com/ArtWalkFP.

Love, JAZZ Community: These Twins Will Blow You Away

by Don Bestor

February is the month of love on the Treasure Coast, and Fort Pierce Jazz and Blues Society is going to double the love and make your heart beat twice as fast this month with all the music we’ve got in store for you. We always make your Tuesday evenings special with our Tuesday evening Jazz Jams at the Sunrise Theatre Black Box in historic downtown Fort Pierce, but starting right out with Tuesday, February 6th, we’ll double your pleasure with a chance to hear the Anderson Twins.

Peter and Will Anderson, brothers who are also virtuosos on the saxophone and clarinet, have become a Treasure Coast favorite with their joyful jazz. Even legendary musician, Quincy Jones, raves about the Anderson Twins, saying “You dudes are the future. You’ve made my soul smile and you’ve made a 78-year-old ex-be-bopper smile like a fox eatin’ sauerkraut!” They’re just that good! Not only have they headlined at the famed Blue Note and performed on Prairie Home Companion, the pair has also appeared at Jazz at the Lincoln Center, the Kennedy Center, the New Orleans Jazz Festival and a whole bunch of other jazz festivals throughout the nation. They’ve performed in 40 different states, toured Japan, and have been featured four different times in New York City’s famous, “Highlights in Jazz” series.

And every year, the Anderson Twins make a stop just to visit with friends from the Fort Pierce Jazz and Blues Society and spend an evening providing stunning renditions of classic jazz tunes that will take your breath away. Tickets sell out fast for this special evening, so plan to arrive early for this special evening of awesomeness, which helps provide funds for the next generation of virtuosos through our scholarship program.

But wait, there’s more! Every Tuesday evening, you can enjoy a night of live performance and saucy repartee from the pros on stage at the Sunrise Black Box for just a few bucks. Drinks and snacks are available, and even though the Black Box doesn’t leave a lot of room for dancing, if you want to grab that special someone or cut the rug all on your own, we always seem to find a way to make it work and turn your Tuesday evening into an early week party that will invigorate and inspire you right through the weekend. If you’ve never come before, stop by and check it out, and if you’ve always fancied yourself a bit of a performer, we always save a little time on Tuesday evenings to accommodate some ‘audience participation.’ If you’re interested, let us know at the door, and we’ll work a little magic and call you up on stage for a chance to jam with the boys in the band.

Tuesday evenings may be quiet nights elsewhere on the Treasure Coast, but if you’re passing by the Black Box on a Tuesday evening, I hope you’re ready because, “this joint is jumping.” If you’d like to learn more about Fort Pierce Jazz and Blues Society, want to know how to join (to get super discounts on upcoming events and activities), volunteer, or snag a copy of our schedule, call 772-460 JAZZ (5299), or visit us online at www.jazzsociety.org.
Chet Boudrias is the New Chairman of the Farmers’ Market

As the Downtown Fort Pierce Farmers’ Market marks its 21st year of business, Chet Boudrias, 33, a Fort Pierce native, is taking the lead as Chairman of the Market’s all-volunteer Board of Directors.

Boudrias replaces Dan Cushman, who served as chairman the last two years. Both have long been the public faces of the Market, talking to and assisting market patrons and vendors, and promoting the popular Market held each Saturday morning at the downtown waterfront on Marina Square.

Boudrias is ready to tackle the tough tasks of behind-the-scenes Farmers’ Market management and logistics, as well as the public relations skills needed to please the thousands who visit the Market each Saturday.

“It’s a New Year and a new way,” says Boudrias. “We’re going forward, growing forward, and having fun while we’re doing so. Together with a diverse and talented group of vendors and the best Indian River Lagoon view in the area, we hope to continue to provide a great Farmers’ Market to all who live and visit in Fort Pierce.”

Farming and leadership are in Boudrias’ blood. He is a sixth-generation farmer, citrus grower and packer in Fort Pierce, with a B.A. in Environmental Studies and Business. Boudrias and family members opened Ace High Farms, a local citrus retail store in western Fort Pierce.

Boudrias also serves the community as a volunteer on the St. Lucie County Farm Bureau Board. He and his wife Carrie and 3-year-old daughter, Emily, especially enjoy visiting the bustling Farmers’ Market, where Emily’s favorite purchase is the freshly made donuts.

The Downtown Fort Pierce Farmers’ Market, Inc., is a non-profit organization whose mission is to provide healthy, fresh foods, and horticultural products to St. Lucie County and the surrounding areas. The Market strives to encourage commerce, entertainment, and trade in Downtown Fort Pierce, and the Market contributes annually to food banks, charities, and education programs in the community.

Over the last 21 years of operation, the Market has become a “Saturday Morning Tradition” for the thousands of patrons who visit. For more information on the Downtown Fort Pierce Farmers’ Market, visit the Market website at https://www.fortpiercefarmersmarket.com/ or go to the Facebook Fort Pierce Farmer’s Market page.

Brenda’s Mix-A-Lota-Stuff Turns up the Heat at the Downtown Fort Pierce Farmers’ Market

by Brenda Gibbons

Twenty-five years ago, Brenda Chinn began making Jamaican Jerk Sauce as a sideline while working as a waitress in St. Petersburg. Her sauces almost immediately began winning awards and earning honors. Today, Brenda sells her award-winning sauces, relishes, and marinades each Saturday at Brenda’s Mix-A-Lota-Stuff at the Downtown Fort Pierce Farmers’ Market.

Brenda has developed and sells various sauces and products—many with “1st Place” on their labels. At the Downtown Fort Pierce Farmers’ Market, she features her famous Jamaican Jerk Sauce, as well as Mix-A-Lota-Stuff Marinade, Hot Pepper Pickle Relish, and Brenda’s Three B Pepper Sauce.

Some of Brenda’s Mix-A-Lota-Stuff other delicious and spicy products are Honey Barbecue Sauce, Boozy Burner, Fire in a Bowl, and Vampire’s Revenge. In addition to her sauces are taste-twingling relishes and pickles.

Stop by Brenda’s booth at the Downtown Fort Pierce Farmers’ Market to see the entire product line. She is happy to explain them all, make helpful suggestions, and tell the history of her success.

Brenda’s Mix-A-Lota-Stuff won its first award in 1996 in a pepper contest sponsored by a local nursery and she was delighted to sell her product in a “The Spice is Right” in a St. Petersburg Mall. She realized she had a much wider market, so she expanded nationwide and even added a few international markets. “Perseverance is better than resistance,” became her motto.

Brenda’s Jamaican Jerk Sauce earned Second Place in the “Meat Required–Jerk Seasoning” category at the 2002 Scovie Awards, where over 600 products competed for top honors. The awards are named for Wilbur Scoville, who pioneered a rating scale for pungency (spicy heat), which is now the industry standard for excellence in fiery foods.

Brenda’s Mix-A-Lota-Stuff and 65 other vendors selling fine foods and perfect produce, plants and beverages are open for business every Saturday morning at the Downtown Fort Pierce Farmers’ Market from 8 a.m. until noon at beautiful Marina Square along the waterfront in historic downtown Fort Pierce.

Come join the fun and make the Farmers’ Market your Saturday morning tradition!
City of Fort Pierce Launches New Citizen Reporting Tool Powered by SeeClickFix

The City of Fort Pierce has partnered with SeeClickFix to announce a new platform called “Fort Pierce Works,” that will allow citizens to report quality-of-life issues and request city services.

With free SeeClickFix mobile app and web tools, Fort Pierce citizens will now be able to provide city staff with pictures, videos, specific descriptions, and more — valuable information needed to get the job done efficiently. In addition, the SeeClickFix platform provides officials with a centralized issue management system to manage issues from creation to resolution — engaging Fort Pierce citizens throughout the process.

“The City of Fort Pierce strives to utilize all available forms of technology to enhance communications with the public,” said City Manager Nick Mimms. “The launch of the SeeClickFix mobile application now provides a more convenient method for our community to engage with local government. Appropriately named Fort Pierce Works, this mobile app provides immediate connectivity and generates operational accountability.”

This partnership not only allows Fort Pierce citizens to report problems, but also to view, comment on, and vote to fix problems submitted by their neighbors. Citizens can even create their own “watch areas” to receive notifications about all the issues reported in their community, enabling them to follow the progress of all service requests — not just the ones they report.

The Fort Pierce Works mobile app is available for download on Android (http://bit.ly/1sF1FTP) and iPhone (http://apple.com/ikvkJk).

In addition to the mobile app, citizens can send reports to the City of Fort Pierce’s website (http://cityoffortpierce.com/707/report-an-issue).

About SeeClickFix: SeeClickFix was founded in 2008 to empower citizens with tools to publicly document quality of life concerns in their neighborhoods. By radically improving the quantity and quality of this data, SeeClickFix was quickly adopted by local governments, who needed a better way to receive information from citizens.

This exchange helped to build one of the largest neighborhood networks in the world — upon which public agencies and public citizens engage to improve communities. Today, SeeClickFix has official partnerships with hundreds of cities, engaging hundreds of thousands of citizens in the resolution of millions of issues.

SeeClickFix has worked with government partners to develop municipal management tools on top of this citizen network. As SeeClickFix is adopted into the everyday lives of government users, the benefit of the engaged citizen base continues to grow.

by Sue Dannahower

‘Tis the Season for Soup

A bowl of soup has got it all: Simplicity, comfort, joy, nourishment and togetherness. It’s so easy. Soup can be made ahead, you can scale it to the number of people sitting around the table, and, best of all, most soups can be frozen for another meal or two.

What are America’s Favorite Soups? When asked what their favorite soup is, Americans listed these as their top four: Chicken Noodle, Tomato, Clam Chowder, and Potato.

Fun Facts:
- Americans eat more than 10 billion bowls of soup every year;
- Women are two times as likely to order soup for lunch than men are;
- 85% of Americans prefer broth-based soups and stews over creamed based soups like bisques and chowders.

Tips for a Perfect Soup:
Use these tips to avoid common soup-making mistakes.

by Sue Dannahower

Artificial reefs & their significance on the Treasure Coast

- Learn about the unique artificial reefing programs on the Treasure Coast
- How we benefit from these reefs
- What’s new on the Treasure Coast

February 15th, 2018
7:00 - 9:00 pm
Fort Pierce Yacht Club
700 N. Indian River Drive, Fort Pierce

by Sue Dannahower

THE KOBLEGARD LAW FIRM
R. N. Koblegard, III
Attorney at Law
Amy R. Shovlin
Associate Attorney
200 South Indian River Drive, Suite 201
Fort Pierce, Florida 34950
LITIGATION, BUSINESS, REAL ESTATE, PROBATE, CRIMINAL, AND FAMILY LAW
Website: koblegardlaw.com

by Sue Dannahower

Cooking 411

by Sue Dannahower

Tis the Season for Soup

A bowl of soup has got it all: Simplicity, comfort, joy, nourishment and togetherness. It’s so easy. Soup can be made ahead, you can scale it to the number of people sitting around the table, and, best of all, most soups can be frozen for another meal or two.

What are America’s Favorite Soups? When asked what their favorite soup is, Americans listed these as their top four: Chicken Noodle, Tomato, Clam Chowder, and Potato.

Fun Facts:
- Americans eat more than 10 billion bowls of soup every year;
- Women are two times as likely to order soup for lunch than men are;
- 85% of Americans prefer broth-based soups and stews over creamed based soups like bisques and chowders.

Tips for a Perfect Soup:
Use these tips to avoid common soup-making mistakes.

by Sue Dannahower

Artificial reefs & their significance on the Treasure Coast

- Learn about the unique artificial reefing programs on the Treasure Coast
- How we benefit from these reefs
- What’s new on the Treasure Coast

February 15th, 2018
7:00 - 9:00 pm
Fort Pierce Yacht Club
700 N. Indian River Drive, Fort Pierce

by Sue Dannahower

THE KOBLEGARD LAW FIRM
R. N. Koblegard, III
Attorney at Law
Amy R. Shovlin
Associate Attorney
200 South Indian River Drive, Suite 201
Fort Pierce, Florida 34950
LITIGATION, BUSINESS, REAL ESTATE, PROBATE, CRIMINAL, AND FAMILY LAW
Website: koblegardlaw.com

by Sue Dannahower

Cooking 411

by Sue Dannahower

Tis the Season for Soup

A bowl of soup has got it all: Simplicity, comfort, joy, nourishment and togetherness. It’s so easy. Soup can be made ahead, you can scale it to the number of people sitting around the table, and, best of all, most soups can be frozen for another meal or two.

What are America’s Favorite Soups? When asked what their favorite soup is, Americans listed these as their top four: Chicken Noodle, Tomato, Clam Chowder, and Potato.

Fun Facts:
- Americans eat more than 10 billion bowls of soup every year;
- Women are two times as likely to order soup for lunch than men are;
- 85% of Americans prefer broth-based soups and stews over creamed based soups like bisques and chowders.

Tips for a Perfect Soup:
Use these tips to avoid common soup-making mistakes.

by Sue Dannahower

Artificial reefs & their significance on the Treasure Coast

- Learn about the unique artificial reefing programs on the Treasure Coast
- How we benefit from these reefs
- What’s new on the Treasure Coast

February 15th, 2018
7:00 - 9:00 pm
Fort Pierce Yacht Club
700 N. Indian River Drive, Fort Pierce

by Sue Dannahower

THE KOBLEGARD LAW FIRM
R. N. Koblegard, III
Attorney at Law
Amy R. Shovlin
Associate Attorney
200 South Indian River Drive, Suite 201
Fort Pierce, Florida 34950
LITIGATION, BUSINESS, REAL ESTATE, PROBATE, CRIMINAL, AND FAMILY LAW
Website: koblegardlaw.com

by Sue Dannahower

Cooking 411

by Sue Dannahower

Tis the Season for Soup

A bowl of soup has got it all: Simplicity, comfort, joy, nourishment and togetherness. It’s so easy. Soup can be made ahead, you can scale it to the number of people sitting around the table, and, best of all, most soups can be frozen for another meal or two.

What are America’s Favorite Soups? When asked what their favorite soup is, Americans listed these as their top four: Chicken Noodle, Tomato, Clam Chowder, and Potato.

Fun Facts:
- Americans eat more than 10 billion bowls of soup every year;
- Women are two times as likely to order soup for lunch than men are;
- 85% of Americans prefer broth-based soups and stews over creamed based soups like bisques and chowders.

Tips for a Perfect Soup:
Use these tips to avoid common soup-making mistakes.

by Sue Dannahower
Do You Need a Green Card?

• Millionaire Visa, $500,000 to $1 Million+
• Treaty Investor E-2 + Corporate Transferee L-1
• Employment Based H-1B1 + Labor Certification

Gloria Rax Bodlin, PA
215 N. 2nd Street, Ft. Pierce, FL 34950
(772) 429-2868 • www.gloriaraxbodlin.com

772-335-2988 • www.Ruffinos.net
1145 SE Port St. Lucie Blvd. • Port St. Lucie
(Rivervale Plaza next to Publix)

Open Tuesday to Thursday 10 – 4, Friday 10 – 5, Saturday 10 – 3
Also Open for Artwalk Feb. 16th, 5 – 8pm

Join us in celebrating our 8th Anniversary!
Storewide Savings – Find us on Facebook or stop in for details

whimsy

clothing, accessories and boots

The Unique Chic Boutique
That Everyone Can Afford!
Present this ad for 20% OFF any one clothing item
(Excludes sale items — cannot be combined with other discounts)

521 North Second Street
Located 2 blocks South of Seaway Drive in Historic Downtown Fort Pierce
Open Tue – Wed 10am to 4pm; Th – Sat 10am to 6pm
772-882-4397 • www.whimsyflorida.com

Faitella Enterprises
The PAINT HOUSE

706 S. US Hwy, 1 Ft. Pierce, FL 34950
772.465.5862
www.faitellaelnterprises.com

Pressure washer rentals starting @ $15.00 per day
Airless paint sprayer rentals starting @ $70.00 per day
Interior/Exterior Paint Starting at $12 per gallon

RICHARD'S

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

The boutique store in downtown Fort Pierce for all your unique seaside inspired home décor and furnishing needs.
Mention this ad to receive a 15% discount on your purchase.
Facebook.com/ChicAndShoreThings
205 North Second St Fort Pierce, FL
Open: Tues-Fri 10:00-5:00 & Sat 10:00-4:00 • Call 772-442-7785

Art Connection

101 N U.S. 1, Suite 124 in the Arcade Building
At the corner of Orange Avenue and U.S. 1

Local Artist

Open Tuesday to Thursday 10 – 4, Friday 10 – 5, Saturday 10 – 3
Also Open for Artwalk Feb. 16th, 5 – 8pm
artconnectionfp.com | artconnectionfp@gmail.com
772-801-5700

Accounting & Tax Services

Please visit our website at DMHBCPA.net

Two Locations to Serve You on the Treasure Coast

Fort Pierce
461-8833
Fax 461-8072
222 Colonial Road Suite 200
951 SE Port St. Lucie Blvd.

Port St. Lucie
878-1952
Fax 878-1709
Florida Humanities Speaker Series

The A.E. Backus Museum & Gallery in partnership with Main Street Fort Pierce, Inc. are pleased to present the following FREE Florida Humanities Speaker Series topics:

**Tuesday, February 13, 2018 – 2:00 p.m.**

Race and Change Across Cultures and Generations: Florida Stories

PRESENTED BY DR. KITTY OLIVER

Location: Sunrise Theatre for the Performing Arts – Black Box Theatre

117 South 2nd Street

This multimedia program blends lively cross-cultural stories, research and discussion on coming of age with integration in ethnically diverse Florida in a 21st Century dialogue on race in a non-confrontational way. Dr. Oliver explores how far we’ve come and how progress can be made in a hopeful, inspirational approach.

Social Media: www.kittyoliveronline.com Race AND Change Facebook YOUTUBE Instagram: @Race_and_change

**Tuesday, March 27, 2018 – 2 p.m.**

Majorine Harris Carr: Defender of Florida’s Environment

PRESENTED BY PEGGY MACDONALD

Location: A.E. Backus Museum & Gallery

500 North Indian River Drive

Through engaging historic postcards and photos and a lively presentation and discussion, author Peggy MacDonald blends Florida, women’s and environmental history to provide audiences with an inspirational message about the power a small group of committed citizens can have to defend Florida’s environment.

**Tuesday, April 10, 2018 – 2 p.m.**

Doc Anne: Swamp Doctor of Florida

PRESENTED BY CARRIE-SUE AYVAR

Location: Sunrise Theatre for the Performing Arts – Black Box Theatre

117 South 2nd Street

Dr. Anna Darrow (1876-1959) in 1909 became only the second woman doctor licensed in Florida. She braved swampland, alligators, venomous snakes, and outlaw gangs in order to heal the sick, nurse the wounded and deliver babies. Chautauqua Scholar, Carrie-Sue Ayvar, introduces you to this fearless wife, mother, doctor, pharmacist, artist and even veterinarian when needed.

**Friday, April 27, 2018 – 2:00 p.m.**

Rain: A Reality for Stormy Times

PRESENTED BY CYNTHIA BARNETT

Location: A.E. Backus Museum & Gallery

500 North Indian River Drive

Rain connections in all sorts of ways – as profound as prayer and art, as practical as economics, as genuine as an exchange between strangers on a stormy day. Too much and not enough, rain is a shared experience, and one of the ways climate change can become a conversation rather than a confrontation.

Mind Body Perspective: 10 Simple Steps to Energy & Ease

by Margarida Tree

The beginning of a new year is the perfect time to begin a simple wake up routine to energize you through all your new years resolutions.

When we combine deep inhales and exhales with stretches we have a combination that will help to de-stress, energize and oxygenate your entire being! Sun Salutations are a great way to start your day; just roll out of bed and let’s begin.

1) Stand tall and feel your feet press into the ground and your head reach for the sky, begin to take long slow breaths through your nose (breathing in and out through the nose promotes calm in your body).

2) Take a deep inhale and reach for the sky. Exhale reach for your toes and very importantly here relax your neck and let your head hang. (Actually touching your toes is not a requirement)

3) Inhale look up towards the horizon-full breath.

4) Place your hands by your chest and inhale while gently pressing your hands into the ground arching your upper back.

5) Exhale fold forward, relax your neck and hang your head. 9) Inhale reach your arms over head for the sky. 10) Exhale rest in standing. Feel free to repeat a few more times or to go about your day.

Did you remember to breathe both, inhale and exhale through your nose? If not there is always tomorrow. Hopefully you feel as energized as the sun, and remember anytime you need to feel centered and balanced you can come back to deep full breaths through your nose. Peace.

Margarida Tree has been practicing and teaching Yoga for 26 years and has owned and operated One Yoga Planet and Educating Yoga Teachers Trainings for 12 years in historic downtown Fort Pierce. As a Yoga Teacher she works with individuals from the “holistic” approach of Yoga to help students find their own balance and harmony.
If you want to catch fish all you have to do is get out on the water. This time of year, anglers can catch snapper, sheepshead, pompano, snook, trout, croakers, Spanish mackerel, blue runners, redfish, and kingfish.

Fish the flats on high tide and all the out-going tide around the schools of glass minnows to try your luck at speckled sea trout, snook and redfish. Use artificials like DOA glow shrimp and small feathers. Popping corks and live shrimp will also work great.

If the ocean is too rough, channel ledges are your best bet for snapper, sheepshead, pompano, and Spanish mackerel. Go to 10 feet and when it drops off to 15 feet, that’s where you want to fish. Use live shrimp or frozen sardines to put some fish on the boat.

Offshore bars are producing good numbers of kingfish. The best rig to use is 40- to 60-pound wire with treble hooks and live pitchers or big silver spoons on a slow troll behind the boat.

So anywhere you go, can almost guarantee fish for dinner! Don’t forget, The Original Tiki Bar on Avenue A will prepare your catch to perfection! Check out your local bait and tackle shop for guidelines, regulations and fishing licenses and keep Pullin’ Drag! ✓

February Fishing Frenzy

by Captain Bo Samuel, Pullin’ Drag Charters

Recipe Corner

Classic Comfort Food – Yum!

Chicken Noodle Soup

2 teaspoons vegetable oil
1 onion, chopped
3 carrots, peeled and sliced
2 ribs celery, sliced
1 clove garlic, minced
8 cups chicken stock
2 dried bay leaf
1 lb. uncooked chicken breast, chopped
½ cup green beans, cut into ½” pieces
2 cups uncooked egg noodles
¼ teaspoon pepper
1 cup frozen peas, thawed
½ teaspoon poultry seasoning

In large saucepan, heat oil over medium-high heat. Sauté onion, carrots, and celery 2 minutes. Add garlic and sauté 1 minute. Stir in chicken broth; bring to a boil. Add bay leaf, chicken, egg noodles, green beans and pepper (poultry seasoning); cook 6 minutes or until chicken is cooked through. Remove bay leaf. Stir in peas. Serves: 6 to 8.

New England Clam Chowder

6 slices bacon
2 ribs celery, diced
1 medium onion, diced
1 clove garlic, minced
1 quart half-and-half
4 cans (6-1/2 ounces each) minced clams & juice
1 tablespoon lemon juice
¼ teaspoon dried thyme
¼ teaspoon pepper
1½ pounds red potatoes, diced

In a large skillet, cook bacon over medium heat until crisp. Using a slotted spoon, remove to paper towels; drain, reserving 1 tablespoon drippings. In the same skillet, sauté onion and celery in reserved drippings until tender. Stir in garlic, sauté 1 minute. Add remaining ingredients and bacon; cook until heated through. Serves: 6 to 8.

Chicken Noodle Soup

In large saucepan, heat oil over medium-high heat. Sauté onion, carrots, and celery 2 minutes. Add garlic and sauté 1 minute. Stir in chicken broth; bring to a boil. Add bay leaf, chicken, egg noodles, green beans and pepper (poultry seasoning); cook 6 minutes or until chicken is cooked through. Remove bay leaf. Stir in peas. Serves: 6 to 8.

New England Clam Chowder

In a large skillet, cook bacon over medium heat until crisp. Using a slotted spoon, remove to paper towels; drain, reserving 1 tablespoon drippings. In the same skillet, sauté onion and celery in reserved drippings until tender. Stir in garlic, sauté 1 minute. Add remaining ingredients and bacon; cook until heated through. Serves: 6 to 8.
Lorenzo’s

Lunch Specials Till 2 p.m. Mon – Fri
* $5.95 Specials *
1 Slice & a House Salad or Pasta Fagioli Soup
1 Slice & 1/2 of a Meatball or Sausage Hero
Small Salad of Caesar, Bruschetta, Gorgonzola & Baby Spinach
* $6.95 Specials *
Fettucini Bolognese (meat sauce)
Baked Penne (no meat)
2 Stuffed Shells with 1 Meatball or Sausage
Sausage & Peppers over Penne Pasta
Still $4.95 – 2 Slices & Can of Soda
400-5445
222 Orange Ave., Fort Pierce

Now Open

Subway

116 North 2nd Street, Suite 101
Fort Pierce, FL 34950 • 772-577-4070

Save time, order online.
www.Subway.com

Buy One, Get One Free
Buy any FOOTLONG, and get a second of equal or lesser value free.
Expires: 2/20/18

2 Avenue A, Fort Pierce • originaltikibar.com • 772-461-0880
For boat docking call The Marina 772-464-1245 or VHF Channel 16

Located on the Indian River @ The Fort Pierce City Marina

Over looking the beautiful Fort Pierce City Marina

25 Craft Beers on Tap

& Specialty Mojitos

Open daily @ 11am-7 days a week • Happy Hour Daily 4-7
Live music Tuesday, Thursday, Friday, Saturday & Sunday

Margarita Monday’s
Beat the clock Tuesday’s
In the Biz Wednesday’s
Burgers & Brews Thursday’s

200 N. Indian River Dr. Fort Pierce • Cobbslanding.com • 772-460-9014
For boat docking call The Fort Pierce City Marina 772-464-1245 or VHF Channel 16