Summer Celebrations in Historic Downtown Fort Pierce

by Beth Williams

While Main Street Fort Pierce has been busy organizing an exceptional two-day downtown festival to celebrate Independence Day, our hardworking staff and volunteers have also been deep in planning for another Reverse Raffle – our signature summer event. This year’s “most popular party in town” will give us all the opportunity to re-live our favorite decade of music courtesy of an American Bandstand theme.

I’m personally partial to the 70s but no matter what your preference is for the best music of the last forty or fifty years, the Reverse Raffle offers an opportunity to dust off those platform shoes, squeeze into that mini-dress, or don your favorite bell-bottoms and dance the night away. This wildly popular event is a great time every year and one you won’t want to miss!

As much fun as the Reverse Raffle offers, it is also a very important fundraising event for our organization. Through the support we receive from sponsors, attendees, and folks buying those great auction items, we’re able to help fund the other many free events we deliver to the community throughout the year. Make a point of joining us on August 17th at the Pelican Yacht Club for a fun-filled evening of partying with friends and supporting the many efforts MSFP brings to ensuring our historic district remains vital and vibrant for residents and visitors alike.

I always like to invite our readers to join MSFP. If you are a member – thank you! If you haven’t yet joined, I hope you’ll take a few minutes to fill out the membership form included in this edition of the Focus and send it in with your check. Our members and volunteers are the foundation of the many successes we’ve seen over the past 25 years on behalf of the community.

On behalf of the entire Board of Directors, we wish you a very enjoyable summer!
Save the Date — “American Bandstand” Reverse Raffle Event
by Pam Gillette

Save the Date for the 19th Annual Reverse Raffle “American Bandstand.” Main Street Fort Pierce will present a fabulous evening of music, live and silent auctions, great company and a chance to win the grand prize of $2,000.00.

What is a reverse raffle? A reverse raffle begins with 250 numbers. The first number and every 50th number called, up to 200, will win $100.00. The last 10 numbers will all win a prize starting at $100.00 and ending with the grand prize of $2,000.00. So being last and staying on the Board is where you want to be. Only 250 tickets will be sold for the raffle. Each ticket is $100.00 and entitles the ticket holder to one number, admission for two, light appetizers, music, dancing, and fabulous live and silent auctions. Tickets are limited, advanced ticket purchase only, and no tickets will be available at the door.

“American Bandstand” will be held on Saturday, August 17, 2013, at the Pelican Yacht Club on Seaway Drive in Fort Pierce. The doors will open at 6:00 pm with registration, 50/50, live dancing and the live and silent auctions. The raffle begins at 6:30 p.m. as the excitement begins counting down the numbers to the grand prize winner.

Save the date and look for more details in the August edition of the Main Street Focus.

The Reverse Raffle is a fundraiser for projects and goals of Main Street Fort Pierce, Inc. For more information, sponsor opportunities or to purchase a ticket, please call Main Street at (772) 466-3880 or visit our website at www.mainstreetfortpierce.org.
The 2013 results are, once again, incredible! Through the efforts of dedicated volunteers, Keep Fort Pierce Beautiful had a successful event! On May 18, the Fort Pierce Public Works Department and Keep Fort Pierce Beautiful kicked-off the annual Great American Cleanup. Over 150 residents headed to their cleanup sites on a mission to clear unsightly debris. Individuals of all ages, civic organizations, school clubs and local businesses showed up to pick up 29,400 pounds of debris at seven different locations.

Meet Pierce, the City of Fort Pierce's new recycling mascot for the single stream recycling program which will roll out mid-summer 2013. Pierce is a pelican who CAN recycle. Pierce will be seen around town and has already made appearances at Coffee with the Mayor and Gator Trace. Keep your eyes peeled — Pierce will be visiting schools and local events to promote recycling in the City of Fort Pierce. If you have any questions about Fort Pierce’s Single Stream Recycling Program, please call (772) 467-3000.

Join Us for the 6th Annual Treasure Coast Waterway Cleanup

Calling all water enthusiasts, it’s time for the 6th Annual Treasure Coast Waterway Cleanup. This year’s cleanup will take place on Saturday, July 27, 2013. “We are making it easier to register for the Cleanup,” says April Price, who coordinates the cleanup effort. “Our goal is to continue to increase our participation — more people equals more trash that we can collect. In our first five years of the event we have engaged more than 4,500 volunteers, and over 1,300 boats collected more than 46.5 tons of trash from the waters of Martin, St. Lucie and Indian River Counties,” says Price.

To register, just go to www.TCWaterwayCleanup.com and click “Online Registration,” scroll down and complete the form or download the pdf version and mail it in. When participants arrive to the site of their choice on the cleanup day, they will receive their cleanup supplies, data cards to complete, an event t-shirt and instructions. Watercraft will receive a commemorative burgee to fly which signifies that they are involved with the cleanup effort. All volunteers will be invited to a “Thank You BBQ” that will take place on August 11th, 2013 at the Fort Pierce Yacht Club. There we will announce all of the data that we collect from this year’s cleanup.

“Muster this is an ‘All Hands On Deck’ effort,” says Price. “So young and old are needed to surpass last year’s effort. This is also a terrific opportunity to pick up some of those precious community service hours for students and scouts.”

There are several Coastal Cleanups that take place throughout the Treasure Coast which are all vital to the health of our beaches and shore line. However this cleanup specifically concentrates on the waterways, spoil islands and area canals. It’s easy to join the fun.

For more information please contact April Price, 772-285-1646, and you can follow us on Facebook.

The Marine Industries Association of the Treasure Coast, Inc. (MIATC), is a not-for-profit trade association representing recreational marine businesses in Martin, St. Lucie, Indian River and Okeechobee counties. MIATC is dedicated to the promotion of pleasure boating and its related industries.
Scholarship Winners Announced by Fort Pierce Jazz & Blues Society

Nine young, talented musicians from around the Treasure Coast were recognized for their talent, perseverance, and musicianship as they were honored with coveted $1,000 scholarships generously donated by members of the Fort Pierce Jazz & Blues Society. Lauren Douglas, Trevor Farriss, Matthew Fulcher, David Gonzalez, Padraic King, Jeffrey Mier, Josiah Nalzaro, Cristina Olarte, and Taylor Robin each received $1,000 scholarships to help defray the cost of their college educations. All nine of the students will be studying in Florida, many locally at Indian River State College.

Fourteen students from St. Lucie, Martin, and Indian River County have been bringing their talent and their instruments to Tuesday evening Jazz Jams and the Sunrise Black Box Theatre, hoping to impress the judges with their talent, pluck, musicianship, ability to improvise, and over-all impression. Prior to the very public auditions, students recommended by local band directors and area high schools submitted an essay outlining their qualifications and goals for the future with regard to their music, and each student was welcomed on the stage to perform two songs with the Jazz Society’s professional Jazz Ensemble. Led by noted area educator, Al Hager, a panel of Jazz Society professional musicians and educators evaluated the applicants.

In addition to the scholarship, each student musician received a trophy and honorary membership in the Fort Pierce Jazz & Blues Society, which has been providing scholarships to local students for the past 17 years. Jazz Society President, Don Bestor Jr., and other members of the Fort Pierce Jazz & Blues Society work tirelessly throughout the year in an effort to raise money to fund scholarships for talented student musicians and raise the level of cultural influence in the Treasure Coast area. Historically, six scholarships are bestowed, but this year several individuals from the community stepped up and donated in honor of loved ones, allowing Fort Pierce Jazz & Blues Society board members to provide three additional scholarships.
In addition to master classes, scores of local performances, and the coordination of the weekly Jazz Market on Saturday mornings by the fountains in downtown Fort Pierce, the Fort Pierce Jazz & Blues Society hosts weekly Jazz Jams at the Sunrise Black Box Theatre and evenings of Jazz in the Gardens on alternating Wednesdays at the Port St. Lucie Botanical Garden.

If you’d like to learn more about the Fort Pierce Jazz & Blues Society or how to become a member and attend upcoming events, please visit www.jazzsociety.org, or call (772) 460-JAZZ (5299) today.

New Tropical-Style Venue In Fort Pierce: Captain Jax
by Jennifer Trefelner

Fort Pierce has a new restaurant and bar, which is proving to be quite popular for locals and visitors alike. With a motto of, “Come to Captain Jax, where X marks the spot,” the venue has been seeking to offer an array of live music, Chicago-style food, and an open-air environment for friends and family to gather.

The building and property is owned by Dennis Horvath, also the owner of Captain’s Galley, and operated by Stevie Sticks, who helped to design and re-build the space which was formally Mother Tucker’s. Sticks has commented that he wanted to create a venue with a green room for musicians to utilize before and after performing and a large stage, with hopes to attract an array of performers.

Pro-jam open mic nights for professional and local musicians will take place weekly, as well as other shows which take place as part of the concert series which began in May. Already, Captain Jax has hosted the Grammy nominated band, The Original Wailers, which was sold out, and many other live concerts.

A “tiki village” has been created featuring two separate bar areas, with daily happy hour drink specials from 4 to 7 and a “beer of the month” special for $2. Menu items which will be offered include sandwiches, salads, finger foods, and signature dishes including the buccaneer beef sandwich, and a cannonball sandwich, which is a meatball sub served with marinara and pepperoncinis.

There are numerous picnic tables, bar stools created from tree trunks, and palm frond covered thatched roofs adorning the tiki huts which add to the tropical vibe. Stop by 658 North Second Street, call 772-242-1713, or visit Captain Jax’s Facebook page to learn more about the tiki-style venue.
In 1957, Zora arrived in Ft. Pierce to write for a black newspaper called the Chronicle. The publisher and owner, C. E. Bolin, wrote Zora requesting she come. She agreed and soon after began writing articles on community concerns, race relations and local features. Before her arrival she had depleted her savings, her health had already begun to fail, and by the fall of 1959 she had entered the hospital for hypertension and a stroke. Shortly afterwards, her insurance ran out and she was placed at the St. Lucie Welfare Home.

A letter written by the supervisor of the home, Miss Abbiejean Russell, stated “The patient, unable to care for herself has difficulty walking, speaking and there is some loss of movement in her left arm. While at the home, Miss Hurston and I had a number of friendly chats. She stated she’s a reporter for a black newspaper in town and is an author of several books, often speaking of her travels and works as a novelist. I found myself attracted to Miss Hurston as a person and not because of her accomplishments.”

On January 29, 1960, Zora Neale Hurston passed away at the age of 69, at County Welfare Home, in Fort Pierce Fl. A death certificate was issued by Peaks Funeral Home, on Ave. D. A funeral was held at the Heavenly Rest Cemetery with friends, teachers and students attending. After credible documentation of her stay at the building was confirmed, the Agape Senior Center board voted to place an exhibit in the building to honor the writer.

The building stands today almost as it did back then, a charming little building that if walls could talk would tell the story of Zora’s last days. Inside is a room designed to duplicate what the nursing home may have looked like during the time Zora rested there. In another area of the room, there is a desk, a typewriter, copies of her writings, letters, books, pictures, clothing and of course, hats. In the exhibit room you hear the charm of her voice and the sounds of southern music. Pictures of her, books she’s written, a typewriter, period clothing and of course, hats, are all on display.

As told by family and friends, the authentic documentary story of her life “That’s Livin” filmed right here in Ft. Pierce, can be purchased as well as books and other items. The exhibit is open during the Zora events in Ft. Pierce, Black History Month and during Women In History month. At other times please call Brenda Cooper at 772-332-1220.

Facts About Zora Neale Hurston Saturday, January 26, 2013: The grand opening of the Zora Neale Hurston Exhibit at 809 N. 9th Street in Ft. Pierce.

none of her things at the home were kept.

Today, the building still stands. It is now a recreational center for seniors to enjoy as well as to host the Zora Neale Hurston Exhibit. Letters and other documentation of her stay at the home can be found on the exhibit walls. Looking down a narrow hallway, you see an image of Zora, welcoming you. Of course she is no longer with us, but her presence is everywhere. In the exhibit room you hear the charm of her voice and the sounds of southern music. Pictures of her, books she’s written, a typewriter, period clothing and of course, hats, are all on display.

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papers and a letter written by the nursing home’s supervisor, Abbiejean Russell, speaks of Zora’s illness at the home. Russell writes in her letter: “On January 29, 1960, Zora Neale Hurston, passed away at the age of 69, at County Welfare Home, in Fort Pierce Fl. A death certificate was issued by Peaks Funeral Home, on Ave. D. A funeral was held at the Heavenly Rest Cemetery with friends, teachers and students attending. After credible documentation of her stay at the building was confirmed, the Agape Senior Center board voted to place an exhibit in the building to honor the writer.

The building stands today almost as it did back then, a charming little building that if walls could talk would tell the story of Zora’s last days. Inside is a room designed to duplicate what the nursing home may have looked like during the time Zora rested there. In another area of the room, there is a desk, a typewriter, copies of her writings, letters, books, pictures, clothing and of course, hats. For those who have not seen the Zora documentary “That’s Livin’,” the DVDs may be purchased at the exhibit. Come visit the exhibit and learn of this extraordinary woman named Zora Neale Hurston.
Wallace Sample Memorial Dedication Ceremony

The City of Fort Pierce recognized Former Fort Pierce Mayor Wallace Sample at a memorial dedication ceremony on Wednesday, May 15, 2013 at the Veterans Memorial Park along the south end of the River Walk.

Sample served as Mayor from 1953 – 1954 and was instrumental in creating the waterfront park at that time known as Fort Pierce Indian River Memorial Park which today attracts visitors to many city assets in the area. He graduated from the University of Florida law school in 1937 and was an attorney until 1959, including serving as city attorney. He was a municipal court judge and served as circuit court judge from 1959 to 1979.

A stone monument and bronze plaque at the brick-pavered plaza along the waterfront walkway was funded by the City’s Art in Public Places.

Suitable candidates will help guide our organization and provide professional skills in the areas of finance, fundraising, marketing, and the planning and managing of events. Board members participate fully in strategic planning, creative direction and financial oversight of the Manatee Observation and Education Center.

Board meetings are held the 4th Tuesday of each month at 5:15pm. Directors are appointed to serve a two-year term.

Those interested are asked to please submit a letter of intent, CV and application via email to: info@tcmfinc.org. Applications are found by clicking on the “Board” tab at www.tcmfinc.org. Forms may be faxed to 772-460-6509, mailed to TCMF, 480 N. Indian River Drive, Fort Pierce, Fl 34950 or dropped off at the Manatee Center, 480 N. Indian River Drive, Fort Pierce.

Family and friends gather around the memorial in honor of Wallace Sample.

Fort Pierce City Manager, Robert Bradshaw, and Wallace Sample’s daughter, Linda Chastain, thank guests for attending.

Fort Pierce Mayor, Linda Hudson, speaks about Wallace Sample’s hard work and dedication.

Former Fort Pierce Mayor, Bob Benton, spoke of the importance of the memorial to Veteran’s Memorial Park.

Fort Pierce City Manager, Robert Bradshaw, and Wallace Sample’s daughter, Linda Chastain, thank guests for attending.
Stars Over St. Lucie — a 4th of July Celebration & July 5th Friday Fest
by Pam Gillette

Are you ready for two days of food, fun, friends, and fireworks? There will be music, awards, and cannons blasting as our community comes together to celebrate our nation’s birthday!

Chuck’s Seafood, Cobb’s Landing, the City of Fort Pierce, the Law Firm of Hoskins, Turco, Lloyd, & Lloyd, & the Original Tiki Bar, the Fort Pierce Yacht Club, 121 Tapas by the River, Preferred Private Care, and Waste Management will come together on Thursday, July 4, to present Stars over St. Lucie a 4th of July Celebration at Fort Pierce City Marina Square on Melody Lane. Main Street Fort Pierce is proud to partner with these businesses to bring you a night of great music, food, arts, crafts, children’s activities and a dazzling fireworks display.

The Law Firm of Hoskins, Turco, Lloyd & Lloyd, one of the Treasure Coast’s most established firms, believe in the proud community of Fort Pierce and are thrilled to be part of this community experience. They will hold their annual 4th of July BBQ party at Chuck’s Seafood restaurant on Thursday, July 4. Call Chuck’s Seafood for more details at (772) 461-9484.

Chuck’s Seafood is located at 822 Seaway Drive in Fort Pierce and is owned by Peter Angelos. Chuck’s Seafood has been an ongoing sponsor of the 4th of July and Peter says the business is happy to support Main Street and the City of Fort Pierce with the 4th of July fireworks once again. Chuck’s Seafood believes in the 4th of July traditions and they are happy to be part of this community experience. They will hold their annual 4th of July BBQ and party at Chuck’s Seafood restaurant on Thursday, July 4. Call Chuck’s Seafood for more details at (772) 461-9484.

On Thursday, July 4, the festival kicks off at 4:00 p.m. — rain or shine, with entertainment by DJ Jeff Brown from Clear Channel Media and Entertainments, WAVE 92.7 and OLDIES 103.7. Jeff will feature Top 40 dance music for the crowd and emcee the day’s events from the community stage sponsored by Cobb’s Landing & the Original Tiki Bar.

At 7:15 p.m., Megan Elam from American Legion Post 480 will present a flag award to Jetson’s TV and Appliance Centers honoring the business for their patriotism and presentation of their flag. Jim Tempestilli, General Manager, will be on hand to accept the award on behalf of Jetson’s.

Common Ground Vineyard Church will be at Stars over St. Lucie and will return on Friday during Friday Fest to present Civil War demonstrations. Pastor Todd and the gang will have a replica Civil War cannon that they will shoot off at 6:00 p.m., 7:00 p.m., 8:00 p.m. and 9:00 p.m. just in time to begin the fantastic fireworks show both nights.

On stage from 8:00 p.m. — 8:45 p.m. will be Ben “One Man Band” Prestage. Ben’s interesting approach to instrumentation, finger-style guitar, harmonica, banjo, lap-steel, fiddle, resonator guitar, foot-drums, vocals, and his award-winning original songwriting has earned him invitations to perform across North America, Europe, and as far as North Africa. He has proven himself, through his live performances, to be the future of American Blues, & Roots music and is one of today’s most talented outsiders. He will definitely leave you blown away and screaming for more.

At 8:45 p.m. St. Andrews choir will perform patriotic songs in front of the stage to prepare the crowd for the dazzling fireworks display that will begin at approximately 9:00 p.m. over the beautiful Indian River.

Following the fireworks, Ben Prestage will return to the stage to perform until 11:00 p.m.

Come back the next evening as we continue to party with more food, fun, friends, and fireworks during Friday Fest! Friday Fest is held at Fort Pierce City Marina Square on Melody Lane from 5:30 p.m. until 9:00 p.m. Come down to the longest running street festival on the Treasure Coast (24 years to be exact). The entertainment for Friday Fest will...

Continued on page 18 …
be from the band Collins & Company. Collins & Company is a classic rock band that features music from the 60s, 70s, 80s and 90s. Wesley B. Wright, guitarist, played with Miami Sound Machine. Collins & Company offers an amazing blend of vocal harmonies and exquisite musicianship.

Also returning on Friday to entertaining the crowd with Top 40 music will be DJ Jeff Brown, from Clear Channel Media and Entertainments. WAVE 92.7 and OLDIES 103.7.

Kids will be entertained with a bounce house and a cool blow up slide. Arts & crafts vendors will line up in front of the Indian River in Marina Square for your shopping experience and Friday Fest will have a wide variety of food vendor choices including Caribbean, barbeque ribs, & chicken, seafood, stir fry, Americana, and various snack items.

Friday Fest will conclude with another fireworks show at approximately 9:00 p.m.

After Friday Fest, continue your evening with a nightcap and some muchies at the Bluewater Beach Grill.

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Samuel V. Rowe, D.M.D.
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P, P, Pierce, FL 34950

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Sponsors for the 2-day event are: 121 Tapas by the River, Bluewater Beach Grill, Chuck's Seafood, the City of Fort Pierce, Cobb's Landing, Fort Pierce Yacht Club, the Law Firm of Hoskins, Turco, Lloyd & Lloyd, the Original Tiki Bar, Preferred Private Care, and Waste Management.

Business Partners: All In Fun, Budweiser, Clear Channel Media and Entertainments. WAVE 92.7 and OLDIES 103.7, Coca Cola Bottling Company, Park's Rental, Reliable Polo John, and St. Lucie News Tribune.

You won’t want to miss two days of food, fun, friends, and fireworks at Fort Pierce City Marina Square in historic downtown Fort Pierce. For more information, contact Main Street Fort Pierce (772) 466-3880 or go to our website at www.mainstreetfortpierce.org.

Friday Fest will have live music from 9:00 p.m. until 1:00 a.m. with The Top 40 pop band with classic party sounds.

Wonderama

wonderama@wonderama.com

305-376-8200

375 S. MacArthur Blvd.
West Palm Beach, FL 33401

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Joining Woody is his son, Piyaphol (A) Yoosaeng, who is a certified Sushi Chef and has worked locally for the past 6 years. They pride themselves on authentic Thai food and curry dishes prepared to order and noodle bowls with your choice of noodles and stir fry.

Whether it is your first time trying Thai food or Sushi or if you are very familiar with Thai cooking, Woody says: “We hope you feel comfortable in our restaurant atmosphere and we are certain that you will return for another visit.” Stop by the Thai Pepper Restaurant and try their extensive menu of authentic Thai food, Sushi and Noodle Bowls.

The Thai Pepper Restaurant serves beer and wine and the hours of operation are Monday – Friday lunch from 11:00 a.m. to 2:30 p.m.; dinner from 4:00 p.m. to 10:00 p.m. Dinner only is served on Saturdays from 4:00 p.m. to 10:30 p.m. and Sundays from 4:00 p.m. to 9:30 p.m. The Thai Pepper Restaurant is located at 224 Orange Avenue in Fort Pierce, phone (772) 577-6989.

Thai Pepper Restaurant – Authentic Asian Cuisine

by Pam Gillette

Thai, The Land of Smiles was called “Siam.” Thailand means “The Land of Freedom.” It is a tropical country blessed with a rich variety of delicious fruits and foods. Thai food is unique, distinct and exquisite reflecting a history of the only country in Southeast Asia that was never colonized by Western powers.

Waiyawut (Woody) Yoosaeng is the owner of the Thai Pepper Restaurant. He came to the United States working his way on the Emerald Seas Eastern Cruise Line in 1984 for 5 years. In 1992 he opened the Thai Pepper Restaurant in Milford, Massachusetts. In 1997, he sold the business and later moved to Florida where he has continued to work in a variety of Thai restaurants.

With over 30 years of restaurant experience, Woody brings his family recipes from the regions of Thailand to downtown Fort Pierce. All of their food is prepared to order and they take great pride in preparing Thai and Sushi dishes. Each dish is a work of art, delicious, and best if all it is healthy.

Woody describes the health benefits to Thai cooking: “Thai cooking attains a subtle balance between texture and taste; many ingredients are used in traditional Thai cooking carry medicinal benefits, the effects of natural herbs and spices used with fresh vegetables and fruits. Herbs and spices are used in Thai Pepper Restaurant including chili, cilantro, kaffir lime leaf, basil, garlic, ginger, galangal, krua, pepper, turmeric, tamarin, lime, lemon grass and baikra prow leaves.”

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Churches and Organizations Continue to Support Kids’ Crossing Playground

The Steering Committee of the Kids’ Crossing Playground would like to thank the numerous organizations that have stepped up to support this worthy cause. The committee has been strategically planning the rebuilding of the playground, located near the intersection of Virginia Avenue and 23rd Street, since November 2012.

The current playground, which was built in 1993, using the same volunteer-based philosophy, will be torn down in the fall of 2013, because of safety concerns after two decades of use. Once again professional playground design company, Leathers & Associates is guiding the group to assist in the massive community project of raising $200,000, coordinating hundreds of volunteers, and building the structure on November 7-11, 2013.

The new composite materials which will be used will give the structure, which was designed by local children, a lifespan of up to 50 years. Numerous business and generous donors have already committed their support of the new endeavor, donating more than $125,000. Numerous sponsorship perks are available for those who donate, which are outlined on the website www.KidsCrossingPlayground.com. Naming opportunities are also available for sections of the playground and donors who contribute will have their names memorialized on a plaque at the playground site.

Additionally, community members have come together to support the cause by hosting their own fundraisers. For example, Westside Baptist Church is hosting a golf tournament on Saturday, June 15th at the Legacy Golf Course for $100 per player. The church is welcoming anyone to play, to be a tee sponsor for $250, or take part in its silent auction which will be held at the tournament. All proceeds from the event will benefit the playground, and those interested in supporting this event are urged to contact Russ Stotlemire at rssonlme@htcplus.net or 772-332-2570.

The Royal Palms of St. Lucie, a local social and service society, will host a drawing to benefit the playground during the month of May. The women have created a summer vacation package featuring four 1-day Disney “Park Hopper” passes worth $500! The passes are good for a magical experience at the Magic Kingdom Park, Epcot, Disney’s Hollywood Studios, or Disney’s Animal Kingdom! Also included in the package is a $150 Visa gift card to help cover some vacation expenses! Tickets for a chance to win are $5 each, and are available at John Carroll High School, Louden Bone Pools, or from any Royal Palm member. The ticket will be on sale from May 2nd through June 6th, with the drawing being held at the June Royal Palm meeting.

If you would prefer to have your name permanently displayed at the playground when you make a donation, pickets surrounding the property will be available for $35 each. The pickets will have up to 20 letters or numbers professionally inscribed, just as they did in 1993. Picket order forms are located on the Kids’ Crossing website, and on the group’s facebook page.

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

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

by Joanne Augusto, Owner, Nutrition World

In the Florida heat we have to make sure we are giving our bodies the proper nutrition and hydration. As the temperature climbs we must be careful to stay hydrated. Eating a variety of fruits and vegetables are a great way to avoid dehydration.

Some experts suggest drinking eight glasses of water a day. My suggestion is 4 ounces every hour you’re awake. Sometimes it works out to 8 – 11 glasses a day. If you are outdoors exercising or performing physical labor you need more. I find that focusing on small amounts per hour helps take the pressure off our bladder. If we force ourselves to drink too much at one time that uncomfortable urgency to use the restroom will detour us from our goal of consuming more water. I am not a proponent of sports drinks but I do think we do need to replace our electrolytes if we are active. Coconut water or Himalayan salt do it very well without the sugars and artificial ingredients. If you absolutely hate drinking water you might try making flavorful herbal teas and ice them. I love the ones that have naturally bright colors. Add a few slices of lemon, lime and orange and it can be very tasty.

Another way of keeping hydrated is making homemade fruit popsicles. Using watermelon is especially good. It is naturally sweet and makes you feel very energetic. If you buy them from the market they usually add artificial ingredients and sugar so please read the nutrition panel on the side.

Another concern in the summer is overeating. When your body has to digest a large meal it uses most of its energy in your stomach. It also sends extra blood to that area hoping to get some nutrition from your meal. This process will make you feel lethargic and your body might not be able to do a simple task outdoors because of the heat.

You might try to see how your body responds to eating more often but much smaller meals. Many people have felt more energy, lost weight and had better mood control on a 4- to 6-meal-a-day plan.

Each meal should have a vegetable and protein. A bag of crackers does not count as a meal. Try to keep the meal balanced with all your food groups.
Art Can Be Anything — Boots, Mannequins or Bamboo

by Holly Theuns

Art can be anything and I can prove it. Just this summer Art Mundo has had projects that embellished retired fire fighter’s boots for a charity — Lil’ Feet; reimagined half mannequins on their way to the trash can in to wondrous images celebrating women; and transformed bamboo from garden waste to garden art.

The fire boots are part of an annual project in which Art Mundo matches up boots provided by the St Lucie County Fire District with artists who volunteer their time and talents to “art up” the boots to raise money for the charity. Lil’ Feet, founded and run by the St Lucie County Fire District, provides new school shoes to children who might not otherwise have new shoes to start kindergarten and first grade. It is amazing the varied and creative ways that the boots are embellished. These boots will be auctioned off at an event to benefit Lil’ Feet at Rinelli’s Yellow Tail Restaurant in downtown Fort Pierce on Wednesday, July 24th. Please check our website www.artmundo.org for details on the auction fund raiser.

Thanks to the artists who “arted up” this year’s boots — Lisa Jill Allison, Noel Arbelo, Xavier Arbelo, Henry Artega & Novonaca Touch.

Abbey Bilicic & Rachel Krieger, Allie Comer, Kelly Corso, Debi Crouse, Katie Henderson, Kelly Fryan & Erin Gerecica, Janet Fuller, Doug Macon, MarSea Purdy, Kate Rotindo, Judith Suit and Jon Werksman.

“In Her Image” is an exhibit that was the brainchild of Jeanne Johansen of Treasure Coast Art Association. She brought home half mannequins that were on their way to the dumpster from one of her many jobs. Artists then took the mannequins home and embellished them to represent “woman”. They are beyond magical and a portion of that exhibit will be on display at Art Mundo in July and August. You have to come and see this work — it is truly inspiring.

The painted bamboo is a class that local artists Anita Prentice and Ginny Piech Street offer once or twice a year at Art Mundo. The photo is from a recent June class where a dozen people had a really good time creating garden art with bamboo and paint. No experience necessary.

If you would like to try your hand at creating some bamboo art for your garden or patio there is a painted bamboo class with Anita and Ginny planned for Saturday, September 14th from 10 a.m. – 2 p.m. at Art Mundo. The class is $35 and you can reserve a spot on the website at www.artmundo.org.

Don’t forget Art Walk is on Wednesday, July 10th from 5 p.m. – 8 p.m. — an art and artists open house with refreshments.
Focus on the Farmer’s Market

by Keith Lustig

Heirloom: Handed down from one generation to another. Tomato: A perennial herb grown for its fruit. Herb: A plant grown for savory qualities. Put them all together, and you get a tasty trifecta! This month’s vendor focus is about just that combination.

Kent Nall, the owner of Homegrown Herbs and Heirlooms, is a Florida native. His parents always gardened out of economic necessity, so he grew up with it in his blood. He originally grew for pleasure, but as the economy took a turn, gardening for necessity and not pleasure crossed his mind. His company began with a vision and a demand. Kent passes on what his father taught him: “There is nothing better than a homegrown tomato; the flavor and taste are better than none.”

Kent discovered his passion for heirloom varieties when he ran a produce company in West Palm Beach. There he serviced many high-end resorts, restaurants, and country clubs. He realized that heirloom tomatoes were something generally used only by prestigious chefs. His inspiration to grow them has now made these gems available to the general public at the Downtown Fort Pierce Farmer’s Market each Saturday.

Homegrown Herbs and Heirlooms only grow organic produce. Besides a wide variety of tomatoes, he also grows peppers, lettuce, kale, broccoli, and a variety of herbs. He has plants available for sale and often starts them to order. He also consults people from beginners to advanced gardeners on organic gardening and can be hired to actually plan and plant your garden for you.

Kent learned about the Downtown Fort Pierce Farmer’s Market from other vendors. He says he has had great success in developing faithful customers who appreciate a fine product, and he welcomes new customers every week. He has nothing but praise for the Fort Pierce Farmer’s Market and how it is run.

Kent is very proud of his product, and so he should be. He humbly thanks all the local farmers for their commitment in growing the best food possible and bringing it to the market for all to enjoy. Make it a Saturday morning tradition to stop by the Farmer’s Market and support quality, healthy, and mmmm-good. And isn’t that the essence of a farmer’s market?
Blue Water Open Dolphin Mania Results

Captain Carlos Lago and crew, fishing aboard Wine Knot, won the $5,000 first prize in the 37th Annual Exchange Club Blue Water Open Charity Fishing Tournament with a 36.65 pound dolphin on Saturday, May 18. The second place winner in this dolphin-only tournament was Robert Carlson who caught a 31.15 pounder on the Miss K. Bob Meadows and the crew of The Defense Rests brought in the first fish weighed to win third place with a 31.05 pound dolphin. The fourth through eighth place Bounty Booy winners included Steve Frederick, Meghan Bahione, Hunter Miller, Richard Hunt, and Steven Loundermark. Total cash prizes awarded were $10,000. Meghan Bahione’s 23.55 pound dolphin captured the Lady Angler prize, and Hunter Miller was Junior Angler with a 19.60 pound catch.

All the proceeds – 100% – of this popular tournament benefit local projects for the prevention of child abuse, according to John Binkley, tournament chair. Exchange Club of Indian River has provided the community with programs in youth activities, service, and Americanism since 1973. It is affiliated with America’s service club, the National Exchange Club. Members meet for lunch at Culinary Capers each Wednesday at noon. Meetings feature programs on a wide range of business, government and civic, charity, personal, and professional topics. The foundation’s major fundraiser, the Annual Exchange Club Blue Water Open Dolphin Mania Charity Fishing Tournament held each May, supports these projects. The club is also a partner in the Vero Beach Air Show.


Pork Tenderloin with Mushroom Pan Sauce

I recently made a trip to North Carolina with my friend Janie Hinkle. I made this for dinners one evening. It was quick, easy and fork-tender. Delicious! An effortless dinner that packs big flavor!

½ pound button mushrooms, sliced
1 cup white wine
2–3 tablespoons butter
1 tablespoon olive oil
½ teaspoon garlic salt (or fresh garlic, minced)
½ teaspoon fresh ground pepper to taste
2 tablespoons olive oil

Pork tenderloin, about 1-1/2 pounds, silver skin removed
Preheat oven to 350° F. Season tenderloin all over with the garlic salt and pepper.
Heat skillet over medium heat. Add oil, butter and sliced mushrooms. Cook 8 – 10 minutes until mushrooms are tender. Add wine and cook 5 minutes more. Remove from heat and set aside.
Heat an ovenproof skillet over high heat. Add the oil, then the pork tenderloin, browning on all sides, about 3 minutes per side. Pour mushroom-wine mixture on top of pork.
Serves 2.

How does pork compare to other meats for fat, calories and cholesterol? Pork today compares favorably for fat, calories and cholesterol with many other meats and poultry. While providing a greater amount of vitamins and minerals, many cuts of pork are as lean or leaner than chicken. Pork tenderloin, for example, is just as lean as skinless chicken breast and meets the government guidelines for “extra lean.”

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Pork vs. Chicken

Heat skillet over medium heat. Add oil, butter and sliced mushrooms. Cook 8 – 10 minutes until mushrooms are tender. Add wine and cook 5 minutes more. Remove from heat and set aside.
Heat an ovenproof skillet over high heat. Add the oil, then the pork tenderloin, browning on all sides, about 3 minutes per side. Pour mushroom-wine mixture on top of pork. Place the covered skillet in the oven and roast until the meat registers an internal temperature of 135 – 140°. Do not overcook the meat. Remove tenderloin from skillet and tent loosely with foil. Let rest about 10 minutes.
Cut the pork into thick slices. Spoon mushrooms over slices. Use the pan juices to drizzle over the pork. Serves 2.

Notes:
1. While the pork rests, if the mushroom-wine pan sauce is too thick, return the skillet to a high burner, add about 1/2 cup of dry white wine and boil until somewhat reduced, about 3 minutes, scraping up any browned bits in the pan as it cooks.
2. If you want more sauce add 1/2 package of instant pork gravy and 2 1/2 cup wine. Stir until thickened.
3. I’ve used a Polder Brand Thermometer for years. I bring my pork to 135 – 140°, then tent to bring it up another 6 – 10°.
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