Celebrate!
Stars Over St. Lucie
July 4
Friday Fest
July 11

Common Ground Vineyard Church will be at Stars Over St. Lucie to present Civil War demonstrations. Pastor Todd and the gang will have a replica Civil War cannon that they will fire at 6:00, 7:00, 8:00, and 9:00 p.m. See page 16.
This is the time of year when I feel a little extra pride in my country as well as in my community. Fort Pierce has an extensive patriotic history.

In 1838 the U.S. Army, under the leadership of Lt. Col. Benjamin Pierce, built a palmetto log fort to defend the territory during the Second Seminole War. Throughout World War I the downtown Fort Pierce Hotel was used to house military officers. Fort Pierce was a Navy base, in the Second World War and was the birthplace of the U.S. Navy Frogmen who evolved into the elite group we know today as the Navy SEALs.

Festivities are just the beginning of what Historic Downtown Fort Pierce has to offer. On July 4th, join us for Stars Over St. Lucie – a Fourth of July Celebration. Then, catch us again the following Friday for an extra special Friday Fest — moved to the second Friday, as not to compete with our National holiday on the fourth. July is time to celebrate our past and look forward to our future.

Volunteers: we love each and every one of you! If you are looking for a way to get involved with your community please come find out what we are all about. Main Street has over 30 events each year that are designed to bring people to downtown Fort Pierce or to raise money for projects that enhance the downtown area. Without the valuable time our volunteers provide, these events would not be possible.

Members: we couldn’t exist without your support. Your personal involvement and membership commitment helps Main Street Fort Pierce accomplish goals, set new ones, and support downtown’s economic wellbeing, revitalization and cultural vibrancy in the very heart and soul of our downtown community.

Stroll our downtown shops, visit the farmers market, have lunch on the waterfront, enjoy an ice cream — but more importantly, join us in beautiful downtown Fort Pierce!
Calendar

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

July 4, Fridays: Stars Over St. Lucie 4th of July Celebration — Fort Pierce City Marina Square, 5 to 11 p.m.; Entertainment by Category 5 & the Storm Hors in at 2 p.m., The People Upstairs at 7 p.m., and DJ Jeff Brown: children’s activities, vendors, food, Bud Light; fireworks at 9 p.m.; 460-5299, www.jazzsociety.org.

July 11, Fridays: July Fri Day Fest — 5:30 to 9:00 p.m.; Music & Entertainment by OPM Band; Main Street Fort Pierce; 460-3980, www.mainstreetfortpierce.org.

July 9, Wednesdays: Art Walk at Art Bank — Art Mundo Open Studio, 5 to 8 p.m.; The ArtBank at 111 Orange Avenue; Artmundo.org@gmail.com; 766-0021, www.artmundo.org.

WEEKLY EVENTS

Tuesdays: Weight Watchers Meetings — 5:30 p.m. at Anytime Fitness; 461-2484.

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

Wednesdays: Fort Pierce Green Market & Food Co-Op — 2 p.m. to 6 p.m.; Marina Square, Downtown Fort Pierce; 561-756-3600.

Thursdays: Fort Pierce Bike Night — 6:00 to 9:30 p.m.; 2nd Street, Downtown Fort Pierce; Rinelli’s Yellowtail Restaurant, 460-5299.

Thursdays: 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.jazzsociety.org.

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

FORT PIECE RIVER WALK CENTER

For information, please call 489-6473 or visit cityoffortpierce.com

600 North Indian River Drive, Fort Pierce; Classes include: Jazzercise, Zumba, Zumba Gold, Duplicate Bridge, Anusara Style Yoga, Ballroom Dancing, Belly Dancing, and Line Dancing.

MANATEE OBSERVATION AND EDUCATION CENTER

For information, please call 466-1600, ex. 3333 or visit www.manateecenter.com.

DOWNTOWN FORT PIECE LIBRARY

For information, please call 462-2787 or visit www.st-lucie.lib.fl.us

ST. LUCIE COUNTY REGIONAL HISTORY CENTER

For information, please call 462-1795 or visit www.stluciecounty.com/history.

ST. LUCIE COUNTY MARINE CENTER

Please call 462-3474 for more info or visit www.stluciecounty.gov/marine_center

A.E. BACKUS MUSEUM

For information, please call 465-0630 or visit www.backusmuseum.com.

HEATHCOTE BOTANICAL GARDENS

For information, please call 464-4672 or visit www.heathcotebotanicalgardens.org

Tai Chi Classes: Every Tuesday 9 a.m. with Tai Chi instructor, Charlie Otteeen; $10 per person.

Free beginners Spanish Class: Every Friday from 9:00 a.m. to 10:00 a.m.

SUNRISE THEATRE

For information, please call 461-4775 or visit www.sunrisetheatre.com.

SUNRISE THEATRE’S BLACK BOX PERFORMANCES

For information, please call 461-4775 or visit www.sunrisetheatre.com.

FORT PIECE JAZZ & BLUES SOCIETY

For more information, please call 460-5299 or visit www.jazzsociety.org.

Every Tuesday — Jazz Jam at the Sunrise Black Box Theatre, 7:00 to 10:00 p.m.

Every Saturday — Jazz Market in Downtown Fort Pierce (Arts & Crafts), 8 a.m. to 1 p.m.

FORT PIECE POLICE ATHLETIC LEAGUE

For more information, please call 370-6162, www.fortpiercepol.com

Volunteers needed for Ft. Pierce Police Athletic League. Persons interested in teaching the fundamentals of sports, mentoring and tutoring should contact Paul Pearson or Gale Gonzales 772-466-9060.

ART MUNDO

For more information, please call 766-0021 or visit www.artmundo.org

July Friday Fest to be Held the 2nd Friday of the Month

by Pam Gillette

Friday Fest is a tradition in Fort Pierce. For the past 25 years Main Street Fort Pierce has provided a place, once a month, for locals and visitors alike to come together for live music and a good time. Friday Fest is the longest running street party on the Treasure Coast and was once again voted by the community as the 2014 Treasure Coast Readers Choice Awards for “Best St. Lucie Special Events Festival.” Thank you to everyone who voted and also to the Treasure Coast Newspapers. Friday Fest is not only a place for us to get together, but also a great way for us to showcase our great city of Fort Pierce. With our beautiful waterfront, quaint shops and unique restaurants, the city of Fort Pierce has something for everyone. For the month of July only, as not to compete with Stars over St. Lucie — a 4th of July Celebration, Main Street Fort Pierce will be moving Friday Fest to the following week, Friday July 11, 2014, from 5:30 to 9:00 p.m. Moving Friday Fest gives Main Street Fort Pierce another chance to bring even more people downtown to enjoy what our City has to offer. OPM will entertain us at the July 11th Friday Fest. OPM is a south Florida-based classic rock band, comprised of 4 veteran musicians who have spent decades listening to (and learning) the top hits of the era and listening to the fans and patrons who come to see their performances. Consequently, they understand a happy and satisfied audience is the most important goal, so they play the music the people want. With an irresistible repertoire of rock, pop, blues, and fun, OPM blends familiar hits, unique arrangements, and vibrant vocals with audience interaction making OPM the hottest sound-sation at festivals, clubs, private parties and large or small corporate events.

OPM consists of four polished professionals with over 130 years of combined entertainment experience, including writing, recording, and performing to tens of thousands of delighted fans. Stacy Jackson (guitar, synth, vocals), Dave Skirkleskope (drums), Marshall Herring (bass), and Ed “Fast Eddie” Preman (lead guitar, vocals), have been performing in south Florida and the Treasure Coast in various groups for over 30 years, and now have joined forces to create the definitive classic rock sound (www.theOPMband.com).

Jeff Brown, from Clear Channel Media & Entertainment, will also be at the July Friday Fest entertaining the crowd with Top 40 music. All in Fun Inc. has teamed up with Main Street Fort Pierce to provide children’s activities during Friday Fest. The children’s activities include a giant slide and a bounce house, or have your face painted by Masquerade Expressions. Arts & crafts vendors will line up in front of the Indian River in Marina Square. Make sure you bring your appetite when you come to Friday Fest. The food variety includes Greek, Caribbean, barbeque ribs & chicken, seafood, American, and various snack items.

Admission is always free at Friday Fest and there is always plenty of food, music, and activities for all ages! The parking garage is open and free for your parking convenience. Yearly sponsors of Friday Fest include: All in Fun, Budweiser, Clear Channel Media & Entertainments WAVF 92.7 and Oldies 103.7, Coca-Cola, Park’s Rental, Dyer Chevrolet of Fort Pierce, Reliable Poly Johns, and St. Lucie News Tribune. No pets or coolers please.
The 7th Annual Treasure Coast Waterway Cleanup, July 26

On Saturday, July 26th, the Marine Industries Association of the Treasure Coast in conjunction with the Florida Inland Navigation District will conduct the 7th Annual Treasure Coast Waterway Cleanup. This event will hopefully draw over 1,000 volunteers who will participate in cleaning up the waterways of Martin, St. Lucie, and Indian River Counties.

In 2013, 1,045 volunteers removed and recorded 7.7 tons of trash from approximately 125 miles of waterways. Marine Industries Association plans to significantly increase their efforts for the 2014 cleanup. Along with increasing the number of volunteers and disposal sites, there will be more than 60 divers participating in an offshore underwater dive cleanup at Pecks Lake Reef.

The week of July 21st – 27th is proclaimed Treasure Coast Waterway Cleanup Week in Martin, St. Lucie, and Indian River counties and the cities of Stuart, Pt. St. Lucie, Ft. Pierce, Vero Beach, and Sebastian. Since 2008, over 4,550 volunteers have removed 53.2 tons of trash from nearby waterways. Bicycles, batteries, air conditioning compressors, boat parts, BBQ grills, carpeting, bottles, cans, and cigarette butts are just some of the items collected from local waterways.

Volunteers and sponsors are still needed for this year’s event. To become a sponsor, assemble a cleanup team, or to participate as a volunteer please contact the Marine Industries Association of the Treasure Coast at (772) 285-1646, or visit their web site at www.tcwaterwaycleanup.com or e-mail info@TCwaterwaycleanup.com.
Established in 1970, St. Andrew’s Episcopal Academy is a fully accredited PreK-2 through Grade 12 private school situated along the Indian River in downtown Fort Pierce.

St. Andrew’s is in the process of creating a high-tech, STEAM-oriented facility. The former Gary building at the base of the Citrus Avenue overpass will house the first wave of high school students in August. By September, we will begin breaking ground on an indoor gym. Phase 2 will include a 4-story building that will be used as an ultramodern science, engineering and technology hub.

High school students will have an opportunity to take core academic, honors, and advanced placement classes, as well as dual enrollment with Indian River State College. Pre-Law, pre-Engineering, marketing, digital design, music, theatre, studio arts, and culinary will also be offered.

St. Andrew’s has partnered with the Smithsonian so that students taking Marine Science can work alongside scientists at the Smithsonian to research our waterways. Indian River Lagoon boat tours will transport students by water taxi to their science classes at the Smithsonian.

We have partnered with local artists to provide students with an opportunity to engage with real artists every day. Students will create, study and present art in all stages of development, while servicing the community’s art and cultural needs by expanding public understanding and appreciation of art.

Continued on page 10…
News from Treasure Coast Youth Sailing Foundation

The Treasure Coast Youth Sailing Foundation has been very busy the first six months of 2014. In the fall of 2013, the City of Fort Pierce, a sponsor of the Foundation, gave it use of a pavilion at Jaycee Park to facilitate a long sought expansion of its sailing programs. The expanded facility will now be named the Fort Pierce Sailing Center, home of the Treasure Coast Youth Sailing Foundation.

Until this year, sailing instruction was available only to students from the age of seven to the age of fourteen. This expansion enabled the Foundation to acquire six 420 sailboats, which are large enough for two students, giving it the ability to offer instructions to students aged fourteen through the age of eighteen. The 420 sailboats chosen for use by older students is the boat favored in most college sailing programs.

In May, the Foundation started hosting the “Summer Sunset Sailing” event at Jaycee Park on Wednesday evenings. The public is invited to come to the park and participate in sailing, perhaps racing, one of the Foundation’s sailboats, or just enjoy an evening at the beach with new and old friends.

For novice sailors, there are usually experienced sailors willing to help crew the boat and show them the ropes — or lines, the term used by sailors. For the first use of a boat there is no charge, however there is a nominal charge for usage after that. Hamburgers, hot dogs and soft drinks are available.

During the spring, representatives of the Foundation were talking with St. Andrew’s Episcopal Academy about the feasibility of offering sailing classes to its students. In June, an agreement was reached for the Foundation to provide classes at Jayce Park for younger students in its smaller Oppi sailboats, and for the older students in its 420 sailboats. This is the first entry of the Foundation into a school program, and it is hopeful the partnership with the Academy will be the first of many.

The Foundation does have funds available to provide free tuition and lunch, in its summer sailing camps, to children from financially disadvantaged homes that qualify. All students must be able to swim is one of the qualifications. More information about how to apply can be found on the Foundation web site at www.TreasureCoastYouthSailing.com, or by calling 772-333-6531. A child can be sponsored with a $250 donation.

With the expansion there are expense. The Foundation has to renovate and enclose the pavilion at Jaycee Park, as well as, add another ‘chase’ boat and other equipment, so contributions are needed and appreciated. The Foundation is a 501(c)(3) non-profit charity, so all donations are tax deductible. Help us teach a child to sail.

The St. Andrew’s athletics program provides greater awareness of health, self-esteem, sportsmanship, and school spirit. St. Andrew’s students can enjoy volleyball, soccer, basketball, golf, lacrosse, baseball, rowing, cross-country, track, and cheerleading. In addition, thanks to a partnership with the Treasure Coast Sailing Association, students can enjoy sailing right outside our classrooms. High school students are able to take their fitness classes at Anytime Fitness. They offer a wide variety of cardio, strength, and free weight equipment to ensure our students get the best possible workout.

St. Andrew’s high school students will be walking downtown to eat lunch at 2nd Street Bistro, Rinelli’s Yellow Tail Grille, Uncle Carlo’s Gelato, Importico’s Bakery, and One Yoga Planet Co-Op. These restaurants will be offering lunch to our students at just $5 per day.

Our vision is to “prepare, inspire and empower.” We feel that it is important for us to prepare all students for college and careers in a global economy, to inspire each one to make a difference, and to empower them to become leaders dedicated to the betterment of mankind.
Art Mundo’s New Art Form — Creative Writing

by Michael R. Howard

In the summer of 2013, a new art form was added to Art Mundo’s eclectic group of talented “visual” artists. As a supportive fan of Art Mundo, I was appreciative of the many different art forms represented there, but felt one medium was missing — the art of creative writing. It was proposed that this art form be added to the mix of other creative arts, and the idea was enthusiastically embraced by Art Mundo’s Board of Directors and member artists. The Creative Writers Group (CWG) was born.

Although there are several ‘writers groups’ along the Treasure Coast, Art Mundo’s CWG approach is somewhat different than most others. Many of the other writers’ groups tend to concentrate on and cater to those who have already published books, be it through the traditional publishing process or the newer process of self-publishing. The intent of the CWG group, as we see it, is to keep the size of the gathering small enough that positive and supportive dialogue can take place between participants. Critiques are intended to be encouraging to those who submit their writings for review and critique, particularly those who are in the process of learning or improving their creative writing skills. Obviously, publication of a book may be in their future, but we believe our role is to assist them as they move in that direction without being so harsh as to be discouraging of the participant’s efforts.”

It’s a slightly different but unique niche — a place for those who write for the enjoyment of writing and the sharing of their efforts with others in a non-confrontational or overly critical venue. Each member strives to lend assistance to the others in their writing efforts without offending. It can be a delicate balance at times, but a glass of wine always helps soften the evening and the conversations among this group of writer friends.

The CWG is also expanding its influence with efforts to reach out and connect with local high schools. Representatives recently talked with Lincoln Park Academy to determine the feasibility of having a selected few students interested in improving their writing skills by joining CWG sessions.

Recently, CWG writers participated in Art Mundo’s monthly art exhibit and open house by presenting their own creative writings on the theme of Route 66. These were written in conjunction with exhibited art having the same theme, and were made available for visitors to read if they so wished. This was a first, but there are already plans for more “creative writing” to be part of Art Mundo’s events.

There is some room for more aspiring writers in Art Mundo’s Creative Writers Group. If interested, contact Michael R. Howard at howa8956@bellsouth.net.

2014 Treasure Coast Reader’s Choice Awards

Once a year the readers at Treasure Coast Newspapers vote for their favorite businesses in St. Lucie County. After they tallied about 45,000 votes the results are in and Main Street Fort Pierce would like to congratulate all the winners but give mention to our local businesses in Historic Downtown Fort Pierce:

Best Auto Service & Repair, Fast Oil Change & Tires
St. Lucie Battery & Tire
Best Local Event & Special Events/Festivals
Fort Pierce Farmer’s Market Friday Fest
Best Performing Arts Venue
Sunrise Theatre for the Performing Arts
Best Bakery
Importico Bakery Café
Best Breakfast
Captain’s Galley
Best Brunch
2nd Street Bistro
Best Cakes
The Cake Lady Custom Cakes
Best Seafood & Soup
12A Buoy
Best Sushi Bar
Bangkok Inn Downtown

Congratulations to all the winners and remember when choosing a place to visit or shop. Shop Smart! Shop Local! To check out all the winners go to www.tcpalm.com/readers-choice/winners/st-lucie-county/.
Keep Fort Pierce Beautiful Achieves Outstanding Success

Keep Fort Pierce Beautiful and the City of Fort Pierce Public Works Department hosted the 2014 Great American Cleanup. Droves of volunteers of all ages turned out eager to make a difference on May 17. Participants collected supplies, fueled up with breakfast and made their way to the streets of Fort Pierce to pick up litter and debris from roadways and parks, remove graffiti, mulch and plant beautiful flowers in the City’s Community Garden. Participants were volunteers from local schools, businesses, civic groups and Boys and Girls Clubs making this the largest volunteer cleanup that occurs in Fort Pierce. The Great American Cleanup program aims to bring people together to transform public places into beautiful spaces.

Following the cleanup, more than two hundred participants were transported back to the Public Works Compound for a free appreciation barbecue sponsored by Waste Management. The Police Department SWAT Team & K-9 unit entertained the crowd, while the kids enjoyed tasty snow cones, cotton candy, a bounce house and a display of animals presented by the Humane Society of SLC. Mayor Linda Hudson, Deputy City Manager, Nick Mimms and KFPB Executive Director, Paul Bertram offered expressions of gratitude and appreciation to the assembled volunteers.

Remarkably, volunteers produced exceptional results by collecting 22 thousand pounds of litter and debris. Cleanups take place year-round through the efforts of the Public Works Department and the dedicated Keep Fort Pierce Beautiful committee. KFPB has received numerous state and national awards, and recently received the Keep America Beautiful President’s Circle Award. The award was given for taking action in litter prevention, waste reduction and community beautification. Its success is attributed to its dedicated volunteers and supportive sponsors.
STARS OVER ST. LUCIE - 4TH OF JULY CELEBRATION

by Pam Gillette

On July 4th, 1776, Thomas Jefferson, Benjamin Franklin, John Adams and the remaining founding fathers unveiled the official Declaration of Independence. The Declaration of Independence is an important part of our history because it was the first time a nation had been founded on the principals that all people “are endowed by their Creator with certain unalienable Rights that among these are Life, Liberty and the Pursuit of Happiness” and that these rights would be guaranteed by the people and our government.

Today the 4th of July is an important celebration and Main Street is proud to announce that the city of Fort Pierce has stepped forward to sponsor the community fireworks display. The Stars Over St. Lucie 4th of July Celebration will be held on Friday, July 4 at the Fort Pierce City Marina Square. The 4th of July is an American tradition and a time to gather together to celebrate America’s freedoms. The Stars Over St. Lucie event is the perfect venue to celebrate being an American with family and friends.

Stars Over St. Lucie begins at 5:00 p.m. with music by Category 5 and the Storm Horns. Category 5 and the Storm Horns is the Treasure Coast’s premier Blues and R&B band. Members Al Nawrocki (bass guitar/lead vocals), Gerry Mullaney (guitar/vocals), Mike Henkes (guitar/vocals), and Ted Aneese (drums), will perform tunes by such artists as Robert Cray, BB King, Wilson Pickett, Buckley (vocals/percussion), Chris Prestia (guitar), Tony Rangel (bass/vocals), Gabe Rangel (drums), Chris O’Brien (saxophone/trumpet). The People Upstairs will perform until 11:00 p.m. and will take a break at 9:00 p.m. prior to the start of the fireworks show.

Jeff Brown from Clear Channel Media and Entertainment will be on hand to entertain the crowd in between the bands and will be playing patriotic music during the fireworks.

At 9:00 p.m. the People Upstairs will take the stage. The People Upstairs have quickly become well known across south Florida as the quality local act with a sound audiences immediately connect with: funk, reggae, and rock. The band combines modern rock-funk with a groovy island touch and Latin rhythm to bridge barriers and broaden appeal. The ensemble includes vocals, bass guitar, lead guitar, drum set, sax, trumpet and a plethora of auxiliary percussion.

The People Upstairs draw their name from their practice studio, a loft snugly sitting upstairs above a plumbing company’s shop. The group is in demand all over Florida for their crowd-pleasing live performances. They released their debut album, “Synchrofunkinicty,” in 2005. Their album entitled “For the People, By the People” features all new material and is set to be the best recording of the band’s existence. Band members are Casey Buckley (vocals/percussion), Chris Prestia (guitar), Tony Rangel (bass/vocals), Gabe Rangel (drums), Chris O’Brien (saxophone/trumpet). The People Upstairs will perform until 11:00 p.m. and will take a break at 9:00 p.m. prior to the start of the fireworks show.

Common Ground Vineyard Church will be at Stars Over St. Lucie to present Civil War demonstrations. Pastor Todd and the gang will have a replica Civil War cannon that they will fire at 6:00 p.m., 7:00 p.m., 8:00 p.m., and 9:00 p.m. Stars Over St. Lucie is a family event. All in Fun Inc. has teamed up with Main Street Fort Pierce to provide children’s activities. The children’s activities include a giant slide bounce house, and face painting by Masquerade Expressions.

Arts & crafts vendors will line up in front of the Indian River in Marina Square and make sure you bring your appetite as we will have a wide variety of food choices including Greek, Caribbean, BBQ, Latin, Seafood, American, and various snack items.

At 9:00 p.m. the skies above the Indian River will light up with a dazzling fireworks display provided by the City of Fort Pierce. Admission to Stars Over St. Lucie is free and there is always plenty of music, food, Bud Light, fireworks, and activities for all ages. Free parking is available in the City Parking garage.

Come down to Marina Square as the community gathers to celebrate the freedoms our forefathers and our service men and women have fought so hard to preserve. We are Americans with these rights of life, liberty and the pursuit of happiness – let’s celebrate America!
Protect Our Rights to Clean Water and Tasty Beer!

Cleaning up the Indian River Lagoon has been a huge topic in the news for the past few years. Our waterways need to be saved and here is your chance to help.

From July 4 through Labor Day, the Original Tiki Bar & Restaurant, Cobb’s Landing, and Bluewater Beach Grill all in Fort Pierce will be teaming up with SweetWater Brewery to help protect the Indian River Lagoon with the “Save Our Water” campaign. The establishments will be the exclusive supplier in the area of SweetWater Waterkeeper hefeweizen ale, with a portion of the sales going straight to our own Waterkeeper, The Indian Riverkeeper. Marty Baum is our Indian River Lagoon Riverkeeper.

The Indian Riverkeeper (www.indianriverkeeper.org):

- is a non-profit organization.
- is funded solely by members, citizens, businesses, foundations, and grants.
- is a membership organization.
- is an independent voice for the Indian River Lagoon.
- is a member of Waterkeeper Alliance.

What is a “Waterkeeper” or a “Riverkeeper?” The original Riverkeeper was born from the pollution in New York’s Hudson River, where a group of environmentalists, including Robert F. Kennedy Jr. banded together to clean up the waterway.

In 1983, environmentalist John Cronin was tapped to become the official Hudson watchdog known as the Riverkeeper. The effort spawned other Riverkeeper organizations across the world.

These Riverkeepers, about 200 so far, are supported by an umbrella group known as The Waterkeeper Alliance. Together, the groups fight to stop pollution. Waterkeepers patrol more than 1.5 million square miles of rivers, streams and coastlines in the Americas, Europe, Australia, Asia and Africa.

Waterkeeper Alliance provides a way for communities to stand up for their right to clean water. The vision of the Waterkeeper movement is for fishable, swimmable and drinkable waterways worldwide. More information is available at www.waterkeeper.org.

Come on out to Stars Over Saint Lucie, downtown Fort Pierce, on July 4th to kick off the “Save Our Water” campaign. Enjoy the clean taste of Waterkeeper hefeweizen ale and rest assured knowing a portion of what you spend will go right into protecting our Indian River Lagoon. You may also purchase a paper fish for a minimal donation of $1, $5 or $10 and be entered into a drawing for a SweetWater Brewery kayak. The drawing will be held on Labor Day, September 1, 2014. All proceeds from the sale of the fish go directly to The Indian Riverkeeper.

SweetWater created this limited edition ale not only to provide a great beer for the community, but to remind everyone that no water means no beer. Let’s all work together to help clean up and keep clean our beautiful Indian River Lagoon.
Thanksgiving in July
by Don Bestor

The Fort Pierce Jazz and Blues Society, like most nonprofits, relies heavily on its volunteers. These people give countless hours of their time to ensure that great music is available for all to hear. These are just a few of the many volunteers that enhance the Fort Pierce Jazz and Blues Society.

Every Saturday morning, Bernie and Donna Bires are up before the crack of dawn, helping vendors unload, averting crises, and sharing countless smiles and hugs. As coordinators and managers of the Saturday Morning Jazz Market, the couple helps to ensure that the Fort Pierce Jazz and Blues Society can continue to provide hundreds of performance opportunities, master classes, and scholarships for talented, young musicians on the Treasure Coast. Bernie and Donna are just two of the amazing, dedicated volunteers who share their time, talent, and treasure to help make sure the music never ends for the Fort Pierce Jazz and Blues Society.

George McDaniel isn’t a musician, but the Society wouldn’t get far without his help. Whether it’s unloading equipment, setting up the stage, taking photos, helping with the sound and lights, or simply showing his appreciation for the great musical talent, George helps make the Fort Pierce Jazz and Blues Society work. So does Chuck Woods, who makes sure the coffee is brewed and refreshments are ready to go every Tuesday evening at the Sunrise Black Box Jams. Also essential volunteers are Anita Sperry and AJ Pastore; both work the door, sell memberships, and greet the audience members, often by name.

Volunteer Steve Satin is the treasurer of the FPJBS. He makes sure the books are balanced and there’s always a little scratch in the kitty for a rainy day. Chris Hulka works behind the scenes and often behind the curtain to make sure the sound is just right. Many of the volunteers don’t even play an instrument or sing—they simply love music and want to help ensure there is lots of it on the Treasure Coast.

MaryAnn Ketcham plays a mean guitar, but she is rarely onstage; instead she organizes events and wins the word out with constant social media and publicity. Mia Batalini has a silky voice as the vocalist for the 17-piece FDO (For Dancers Only) big band, but her commitment to the Society that has helped keep the FPJBS on track and in the spotlight in the community and beyond.

The list goes on and on, and of course there are scores of volunteers not mentioned. Truly, the FPJBS is so fortunate to have the most incredible volunteers who dedicate their time. To those volunteers that were not listed above, please know that the Society wishes to publicly acknowledge, honor, and share its deep gratitude to all of those who allow the Society to keep playing, providing music, cultural opportunities, and student scholarships.

To become one of our venerated volunteers, a member of the Society, or for more information please visit www.jazzsociety.org, or call the Society’s Jazz Hotline at 722-460-JAZZ (5299).
Art Immersion Camp at Art Mundo — For People From Ages 8 to 12

by Holly Thews

What is Art Immersion you might ask? Good question. No, we are not going to dip the children in bright colors, or cover them with abstract paintings. Art Immersion is when your child has the opportunity to spend time working with a different artist every day for a week. Participants will create art in a variety of mediums. At the end of the week, the students will put together an art exhibit of their camp creations with their very own gallery show opening at the next month’s ArtWalk.

Your child may carve with Joe Miller or get instruction in drawing from Judith Sharpe-Levy. Anita Prentice or Ginny Piech Street might be their instructor for the day, showing them ways to use their imagination and bright color. There will be a variety of art instructors each week, teaching a variety of art mediums, all geared toward fun learning and finding your inner artist. Sorry, these great classes are only for children age eight to twelve — moms and dads will have to take our adult classes.

Camp size is limited to twenty students each session to guarantee the instructor four or five children to “immerse” each day in their medium. Art Mundo and the Orange Avenue Studios are holding two sessions of Art Immersion Camp this summer: July 14th – 18th and August 4th – 8th. Camp is from 10:00 a.m. – 2:00 p.m. each weekday and includes lunch and all art supplies. Ages 8 – 12. Cost is $300 per student.

For more information on camp, or to sign up online, visit our website www.artmundo.org. If you have camp questions, please call the office at 772-466-1010. There are only twenty spots per camp week. If interested, it is advised to sign up quickly before the camps fill up.

Art Mundo is a center for creative expression located at 111 Orange Avenue in Historic Downtown Fort Pierce. The Center is open Tuesday through Friday from 1 p.m. to 5 p.m. and Saturday from 10 a.m. to 1 p.m. Please visit our website www.artmundo.org to find out about upcoming shows, calls to artists, classes and special events. Our phone number is 772-466-1010.

Forty working artists share the refurbished bank headquarters building with us. Come and see the artists at work and visit the Loft third floor galleries.
Fort Pierce Farmer’s Market: Discover the Treasures at Cottage Garden Teas

by Matt Hurley

The snowbirds may have flown the coop for the season, but the Downtown Fort Pierce Farmers Market still remains vibrant with activity. One of its most successful vendors, Cottage Garden Teas, retains a large customer base throughout the year. Sisters Carolyn Dwyer and Joanne Polacek tell the story of their English gram who “tipped the pot” all day enjoying black tea with milk and sugar. Gram packed her teapots into a trunk in 1911 and brought them to Chicago, where she married and had a family. She brought them up on the tradition of tea. One hundred years later, Carolyn and Joanne are still “tipping the pot” with friends and family. Today they run Cottage Garden Teas. The name was chosen from the wonderful stories their gram told them of the beautiful and over-flowing gardens in London, which appeared on the fine bone china they drank their tea from as children.

Today, their gourmet tea business continues to grow. Their philosophy is “connecting over tea.” Brewing tea takes time, and while it’s brewing Carolyn and Joanne hope people will connect with others. They hope people will use tea to promote good health, while stimulating fine conversation that allows people the opportunity to make new friends while getting to know old friends better. They believe tea can be used as a catalyst for building relationships and they strive to ensure that happens each week at the Downtown Fort Pierce Farmers Market. Today, Teri Young manages the booth at the market. She and her family are well vested in the Fort Pierce community and she is eager to meet and engage with all the customers.

All true tea comes from the same plant, Camelia Sinensis. There are more than 10,000 kinds of tea in the world, and Cottage Garden Teas carry about 120 of them: black, green,oolong, white, puerh, rooibos, and herbal infusions. They carry fine estate teas, flavored blends, and herbal infusions from about 18 different countries, with a price point from $7.50 per bag to $32. Among them are kosher, organic, and fair trade teas. Cottage Garden Teas is proud of their amazing tea blends, like their Green Turtle Key Rooibos or Lemon Tree Green Tea. These blends are their most popular teas. Their herbal blends and medicinal teas use mostly organic herbs, and are blended to taste good as well as aid the body.

Continued on page 26 …
It has been six months since you woke up feeling ready to tackle the world. You knew this year would be different. But for all the good intentions, only a tiny fraction of us keep our resolutions. University of Scranton research suggests that just 8% of people achieve their New Year’s goals.

I believe we can revisit and revitalize our goals. Some of my friends ask why I keep each year’s vision board up on my wall if I didn’t achieve my goal. My answer is that time is not important — just that at every moment you choose to live the life you love. The vision boards remind me of what is important in case those tasks of the day clutter my mind.

Within most top five resolutions lists is losing weight, getting fit, and developing healthy habits. Unfortunately, most of us give up within the first month. I have planned a summer of hope for myself and I hope all my readers will come along for the journey. Here is a checklist to help us become healthier and make better choices:

✓ Drink 10 oz. of warm water and lemon;
✓ Look into mirror and tell yourself how much you love yourself;
✓ Write down one thing you would like to achieve today;
✓ Write down one thing you are grateful for;
✓ Eat one cup of a colorful vegetable. Try to do a different color each day. Repeat three times;
✓ Go outside for a 10 minute walk;
✓ Go online and read three funny jokes and three affirmations. Call two family members or friends and share them. Facebook doesn’t count.

Next month I will add to this list. I wish everyone a life filled with purpose and passion. Everyone needs to embrace the possibility of a miracle even if it is just to lose twenty pounds!

Resurrecting Your Resolutions
by Joanne Augusto, Owner Nutrition World

from the inside out. Beauty, weight loss, cardiovascular and diabetic concerns, skin and allergies are all changed with the right blend of herbs and spices. Although they make no wild medical claims about tea, they believe that these God-given plants are for our good, and we just need to add them to our diets. Often they are asked what tea is the best for your health, their answer is “the tea you like the best.” They also custom blend teas for clients according to their tastes and health concerns, and they are great at it.

Cottage Garden Teas also carry tea steepers and infusers, teapots, and bags to make your own tea bags. These are all designed for loose leaf, gourmet tea – not the “dust” that is in grocery store tea bags. Loose leaf tea has a larger leaf, is more flavorful, can be re-brewed, and releases far more antioxidants than tea on grocery store shelves. While the price may seem higher, the health benefit and amazing flavor, along with the fact that you can brew most teas twice or more make these high quality teas well worth it.

If someone is unfamiliar with loose leaf tea, tell them to visit Cottage Garden Teas. Teri will educate and elevate them to the wonders of loose leaf gourmet tea, and she’ll demonstrate how to brew it. She says, “If you can boil water, you can brew tea!” They generally sample 3 or 4 teas from their selection each week at the market and you can also buy a cup, iced or hot, to enjoy as you walk the market.

The Downtown Fort Pierce Farmer’s Market has been one of ten markets Cottage Garden Tea serves each week throughout the season, but only a few operate all summer. Fort Pierce is a beautiful venue and the Cottage Garden Teas booth is in a great spot close to the fountain. “We love the great breakfast that is served at many of the booths, and we are cheerleaders for all the fresh/organic foods that are sold there. It’s one of the more established markets, and one of the most enjoyable to attend. This is the charm of the Downtown Fort Pierce Farmers Market”

Many of Cottage Garden Tea customers have tasted their teas while on vacation or stopped at the Downtown Fort Pierce Farmers Market with their boat at the marina and then are happy to discover they can still get their teas online after they have moved on to other locales. Cottage Garden Teas sells online at www.CottageGardenTeas.com and welcomes phone orders at (561) 797-6265.

Cottage Garden Teas gives 10% of its profits to a ministry to the homeless in South Florida. Come and get acquainted with the friendly staff at Cottage Garden Teas at the Downtown Fort Pierce Farmers Market. You’ll be glad you did! Who knew “tipping the pot” could be so much fun.
**Summertime on the Water**

_**by Dan Dannahower**_

We’re well into the summer season. Boating, fishing, beach-going, picnics, the list goes on and on. The summer weather pattern is upon us. Bright calm mornings and hot stormy afternoons are the norm. We missed the usual spring weather of calm days and moderate temperatures and went straight from the winds and fronts of winter to the heat and storms of summer. Something about summer brings out all the boaters, fishermen, and water sports enthusiasts. Our inland and offshore waters and beaches offer a large variety of summer activities for those who enjoy the outdoors and the water.

The Indian River Lagoon offers great fishing by boat or from the bridges and seawalls. Trout, redfish and snook fishing have been good on the flats and in the turning basin. Drum, sheepshead, snapper and other bottom fish can be taken along rocky ledges or from seawalls and other shore locations. A number of parks and beach accesses are available for those who want to picnic, take a dip or just sunbathe near the water. River sightseeing and manatee and dolphin watching tours are available as are guided river fishing trips.

The waters of the Treasure Coast are well known for great fishing and diving. Fishing for kingfish and dolphin has been good with some wahoo, cobia and others being taken. Bottom fishing for snapper, sea bass and grouper is always popular. Lobster season opens in August and always draws a large crowd of divers seeking the delicious bottom crawlers. For those who don’t own a boat numerous charters are available for chasing the big game fish. Party boats offer an inexpensive way to spend a day on the ocean bottom fishing for a variety of delicious local fare.

The summer is known for unpredictable thunderstorms. Ensure you are aware of the weather forecast and what to watch out for. Know when to head for shore or the dock. Our summer storms can contain lightning, high winds, and rough seas. Common sense and a little knowledge of the weather can keep you safe and ensure a fun trip. Boaters, be sure your safety equipment is up to date and in good condition. Go to myflorida.com for a number of links to boating and fishing regulations, safety, and weather tips, etc.

Whatever your preference, get out and enjoy our wonderful water resources. Have a great time in the Treasure Coast outdoors and stay safe!

**Baby Back Ribs**

_I found this recipe on CopyKat.com. They are the best ribs ever. We purchase the ribs (meaty without much fat) at Sam’s Club._

**Sauce Mix (or use your favorite BBQ sauce)**

- 1 cup ketchup
- 1 cup vinegar
- ½ cup dark corn syrup
- 2 teaspoons sugar
- ½ teaspoon salt
- ¼ teaspoon garlic powder
- ¼ teaspoon onion powder
- ½ teaspoon Tabasco pepper sauce
- 4 pounds baby back ribs


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**By Dan Dannahower**

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