Stars Over St. Lucie
FOURTH OF JULY CELEBRATION

See page 16
This is the time of year when I feel great pride in my country as well as my community. Fort Pierce has 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.

July is time to celebrate the past and look forward to our future. There are a lot of activities to enjoy. The July Friday Fest will be extraordinary. We will rock to the local band, Checkmate, and there will be a short fireworks display at 9:00 p.m. to kick off Independence Day. Then join us on Monday, July 4th on Melody Lane for “Stars Over St. Lucie” — a spectacular Fourth of July celebration.

We love our sponsors, members and volunteers. Please call 772-466-3880 if you would like more information on how you can support Main Street Fort Pierce.

Stroll our downtown shops, visit the farmers market, have lunch on the waterfront, enjoy a gelato — but more importantly, shop and dine locally. Support our downtown businesses.

Reflecting on the Patriotic History of Downtown Fort Pierce

by Sue Dannahower
Dine, Shop and Enjoy Beautiful, Historic, Downtown Fort Pierce!

### MONTHLY EVENTS

**July 1, Friday:** Friday Fest — 5:30 to 9:00 p.m.; Mini Fireworks Show at 9:00 p.m.; Live music by Checkmate; Main Street Fort Pierce, 466-3880; www.mainstreetfortpierce.org.

**July 4, Monday:** Stars Over St. Lucie — 5:00 p.m. to 10:00 p.m.; Live music by WONDERAMA, sponsored by The Original Tiki Bar; Moxie’s Dance Studio at 5:30 p.m.; Dazzling Fireworks Display at 9 p.m.; Fort Pierce City Marina Square; 466-3880; www.mainstreetfortpierce.org.


**July 13, Wednesday:** Art Walk — 5 p.m. to 8 p.m., Art Mundo Open Studio at 111 Orange Avenue, 766-0021, www.artmundo.org.

**July 21, Thursday @ 7 p.m.** The Naked Magic Show, Tickets: $49/39; 461-4775, www.sunrisetheatre.com.

**July 22, Friday @ 7 p.m.** Missoula Children’s Theatre presents the Jungle Book, Tickets: $12; 461-4775, www.sunrisetheatre.com.

**July 24, Sunday @ 3 p.m.** Free Summertime Movies: Good Wil Hunting, Tickets: Free; 461-4775, www.sunrisetheatre.com.

**July 29, Friday @ 7:00 p.m.** Missoula Children’s Theatre presents the Frog Prince, Tickets: $12; 461-4775, www.sunrisetheatre.com.

**July 30, Saturday @ 8:00 p.m.** Artists for MS present Summer Fest 2016 Featuring “The Pure Zeppelin Experience”; Tickets: $30/$40; 461-4775, www.sunrisetheatre.com.

### WEEKLY EVENTS

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

**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.jazzsociety.org.

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

### COMMUNITY INFORMATION

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

- **Art Mundo**
  772-466-1010  •  www.artmundo.org

- **Downtown Fort Pierce Library**
  772-462-2787
  www.st-lucie.lib.fl.us

- **Fort Pierce Jazz & Blues Society**
  772-460-5299  
  www.jazzsociety.org

- **Fort Pierce Police Athletic League**
  772-370-6162
  www.fortpiercepal.com

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

- **St. Lucie County Aquarium**
  772-462-3474
  www.stlucieco.gov/marine_center

- **St. Lucie County Regional History Center**
  772-462-1795
  www.stlucieco.gov/history

- **Sunrise Theatre**
  772-461-4775
  www.sunrisetheatre.com

- **Sunrise Theatre’s Black Box**
  772-461-4775
  www.sunrisetheatre.com

### DAYS OF SUMMER

- **Saturday, July 2 — I Forgot Day**
- **Monday, July 4 — INDEPENDENCE DAY**
- **Sunday, June 5 — World Environment Day**
- **Thursday, July 7 — Chocolate Day**
- **Thursday, July 14 — Bastille Day**
- **Monday, July 18 — Marine Day**
- **Friday, July 29 — Natl. Lasagna Day**
- **Saturday, July 30 — Natl. Cheesecake Day**

### COMMUNITY INFORMATION

- **ART MUNDO**
  772-466-1010  •  www.artmundo.org

### WEEKLY EVENTS

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

- **Wednesdays:** Wednesday Green Market — Rain or Shine 12:00 – 6:00 p.m., Downtown Marina Square; 971-8480.

- **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.jazzsociety.org.

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### Seven Gables Starts New Resident Information

The Seven Gables Visitor Center, located at 482 N. Indian River Drive, started preparing information packets for new residents early this year. Arlo Koletzky, St. Lucie County Chamber of Commerce Visitor Services Manager and manager of the Seven Gables House Visitor Center, started making them available because of the increasing number of new residents asking for information. The visitor center is a one-stop location for a variety of information for both visitors and new residents.

The packet includes the Chamber’s business guide, which includes important phone numbers every resident needs, and information about driver’s, pet, fishing and hunting licenses, and vehicle, boat, voter and school registrations. The County Tourism Guide and the Fort Pierce Tours brochures are included because they provide information about the many activities available in Fort Pierce and throughout the county. It is important to be a tourist in your own area.

The St. Lucie County Chamber of Commerce office, located at 2937 W. Midway Road in Fort Pierce, also has much of the same information.

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**Kathryn Hensley**

The Truly Qualified Candidate Committed to Improving for OUR CHILDREN and OUR COMMUNITY

St. Lucie County School Board, District 4

Pd. Pol Adv. by Kathryn Hensley Campaign

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Volunteers Bill Misch and Keith Erickson
Notions and Potions Art Classes

by Pam Gillette

Beryl Muise, the owner of Notions and Potions, an artisan boutique in historic downtown Fort Pierce, is proud to announce that they will be starting monthly painting parties. Patrice Torrillo, an amazing artist who has spent her entire life with a brush in her hand, will teach the painting parties.

Patrice Torrillo, Apollonia Art, joined the Notions and Potions family of artisans in April of this year. Patrice has been drawing since she was old enough to hold a pencil. She is a self-taught painter who polished her skills in the art room in high school before studying art at the State University of New York at Farmingdale.

Patrice worked as a paste-up and graphic artist for many years after studying art and advertising design in college. Recently, she has been able to devote her days to painting full time. Every day is an opportunity for Patrice to tell a new story.

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Patrice worked as a paste-up and graphic artist for many years after studying art and advertising design in college. Recently, she has been able to devote her days to painting full time. Every day is an opportunity for Patrice to tell a new story and to express herself in a creative style.

Patrice works range from portraits of people and animals, to landscapes and florals, to murals and crafts. She works in oils, acrylics, pencil, graphite and mixed media. Patrice says, “For me, Art is not the finished piece, it’s the journey to get there.”

The painting parties and art classes will begin Thursday, July 14, with pallet painting. The cost is $45 per person (includes all supplies) and you get to take home your painting. The classes are from 6 to 8 p.m. The minimum number needed for a class is four people and the maximum class is 12 people.

Starting in August, the classes will be held the second Thursday of every month. August 18th will be a jewelry party. If you are interested in signing up for an art class or checking to see what the painting class of the month is: call 772-240-5645 or visit them on FaceBook: https://www.facebook.com/notionsandpotioncandles/ or their website: notionsandpotionscandles.com

Also coming to Notions and Potions is Christmas in July. On July 29th and 30th there will be 15% off the entire store (in store only).

Notions and Potions is located at 116 N. 2nd Street Suite 103, in historic downtown Fort Pierce. The boutique is nestled between Subway and 2nd Street Bistro. The hours are Tuesday through Saturday 10:00 a.m. to 6:00 p.m. and special hours on event nights.

World Changers Hit the Ground Running in Fort Pierce

The City of Fort Pierce is excited to announce the arrival of our 2016 World Changers volunteers! More than 200 students will be in Fort Pierce this week to work as “World Changers” on a variety of assignments ranging from painting 15 homes to collecting food for local food banks.

This summer, World Changers projects will take place in more than 75 cities in the U.S. and Puerto Rico. Following a six-session “how-to” study that participants complete before coming, students serving Fort Pierce will hit the ground running. Students are paid $280 to volunteer in the Fort Pierce work week.

“The City of Fort Pierce is honored to partner with the World Changers organization in its 26th summer of operation,” said Mayor Linda Hudson. “To date, World Changers have volunteered for 16 summers in Fort Pierce and completed over 450 projects.”

The World Changers initiative is in partnership with the City of Fort Pierce, who provides paint and supplies needed to complete the 15 homes and food for a neighborhood block party that will be held during the week. Area churches provide housing and meals for the volunteers. Many local businesses also participate by donating supplies and materials.

The World Changers organization is sponsored by the North American Mission Board of the Southern Baptist Convention. World Changers began with a focus on involving senior high youth in hands-on missions. Since its beginning in 1990, World Changers has been committed to offering first-rate mission experiences. World Changers has expanded every year. It now offers a variety of projects for all ages.

For more information please contact Shyanne Helms at 772-467-3034.
After nine long and frustrating years, the A.E. Backus Museum & Gallery held the groundbreaking ceremony for its new expansion on Friday, June 10th. The mercury and humidity went up as the sun shone down on a crowd of well over 100 appropriately sweaty guests. Earlier in the week the forecast called for a 100% chance of rain, happily the weatherman was wrong, again. Even if it had rained, not even a torrential Florida downpour could have dampened the spirits of the Museum’s staff, board of directors and supporters at the official kickoff of the long-anticipated construction project. Featured speakers included, Linda Hudson, Mayor of Ft. Pierce, Charlotte Bireley, Director of the St. Lucie County Tourism Council and long-time Museum supporter Mike Brown, President of Harbor Community Bank. The Backus Museum’s Executive Director, Kathleen Fredrick, welcomed guests and gave an explanation the project’s timeline; both past and present.

Construction, slated to begin on June 13th, will take nearly five months, barring a hurricane or other natural disaster or act of God. In addition to a 2,500 sq. ft. exhibition gallery, connecting to the Museum’s north side, the project includes an expanded museum store, an exterior art exhibition of murals painted directly on the Museum’s walls, the renovation of existing restrooms, a state of the art climate control system, LED lighting throughout the facility, a fire suppression sprinkler system, an upgraded security system and new flooring and ceilings.

The Museum’s staff began packing artwork and artifacts immediately following the ceremony. For security purposes, the Museum’s collection and other artwork and artifacts will be shipped to a fine art storage center in Palm Beach. So that the administrative staff can continue to function during construction, temporary downtown office space is being secured from generous Museum supporters. Once closed for construction on

Continued on page 10 …
Gruwell Apiary – Buzzzzz On In – Local Honey by Local Bees

by Eric Seibenick, Market Manager, Downtown Fort Pierce Farmer’s Market

Gruwell Apiary is one of the best known local bee-keeping and honey producers in the area. For the best local honey just come to the Downtown Fort Pierce Farmers’ Market every Saturday to find Melissa and Brian displaying their huge selection of local honeys.

Local bees contribute to your table by pollinating one out of every three fresh ingredients. The availability of many of the fresh ingredients consumers rely on is threatened by major declines in bee populations. Gruwell Apiary is making sure local bees are available for farmers to grow their produce with the aid of the fantastic little pollinators. From citrus to vegetables, herbs, and tropics, these beekeepers maintain their hives all over the Treasure Coast. For their continued efforts, Slow Food International has awarded Gruwell Apiary the 2016 Snail of Approval.

One study to raise awareness of just how crucial pollinators are to our food system showed that if all produce that comes from plants dependent on pollinators was removed from store shelves it would reduce the normal product mix by 52%! Imagine the Downtown Fort Pierce Farmers’ Market without all that produce!

Gruwell Apiary is protecting that critical link in the food system. In addition to aiding in production, locally produced honey has been reported to reduce symptoms of local allergies. Used all over the world for its delicious sweetness, it has also been found to have many other medicinal properties as well. Melissa and Brian can tell you all about each variety of honey as well as its individual characteristics and uses.

The Downtown Fort Pierce Farmers’ Market is proud to have Gruwell Apiary as one of its many fine local farmers. Every Saturday morning from 8 until noon shop for locally grown and produced products at beautiful Marina Square. Rain or shine, it’s a Saturday morning tradition!

The June 19th, the Museum will cease operations not related to the capital project’s construction or exhibition design. No additional exhibits or museum store activities are scheduled until the Museum reopens.

Fans of the annual Another Man’s Treasure Sale are asked to hold on to their treasures for a bit longer. The sale has been cancelled for this year. Many sale donors and patrons have expressed their displeasure, but the construction project must take priority. With a tentative grand opening date of November 5, 2016, there just isn’t enough time to make it all happen.

The Museum will reopen with a big splash at a gala party to showcase the new facility and the premier exhibit. Tickets will be sold to the gala for $150 a piece or $250 per couple. Mark your calendar for Saturday, November 5, 2016. It is going to be a heck of a party.

The new facility will open to the general public on Sunday, November 6th with free admission and special door prizes and giveaways. We know that everyone will be excited to see the permanent Highwaymen exhibit, expanded museum store, covered entry court, exterior mural plaza and of course the new wing dedicated to the life and work of A.E. Backus. Please bear with us over the summer an early fall as we endure some growing pains. It will be worth it.

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Janet Bird Fuller is known for her three-dimensional upcycled pieces in a mostly industrial style. Found objects and her eclectic approach to design make Fuller’s works dynamic. She builds pastiches in a steampunk genre of science fantasy that incorporates the aesthetics of machinery and whimsical collage. She throws in bits of brass gears, wood, gauges, chains, screws and other castoffs for a contraption that dazzles and creates wonder.

Fuller’s work, “Machine in the Garden,” was awarded first place in the A.E. Backus Museum’s 2013 Best of the Best show in the 3D category. Her road to tinkering began with an online search: “How to be a famous artist,” which led her to ArtMundo in the 111 Orange Avenue building. She was selected by Ginny Piech Street in 2012 for an emerging artist exhibit and since then it’s been full steam ahead. She recently partnered with the diva of mosaics, Anita Prentice, for “A Mother’s Heart” at the Art on 18th gallery in Vero Beach. She joined Art Chix to make ‘Cool Tools’ for Heathcote Botanical Gardens and exhibited in the Holiday Extravaganza at the A.E. Backus Museum.

Allie Comer is best known for aesthetic rather than utilitarian qualities in her art. She is the former director at Heathcote Botanical Gardens where her involvement with the Art Chix brought garden artistry to the grounds. Husband, Sam Comer, designed the layout for the James J. Smith Bonsai Garden at Heathcote. Known for “Cool Tools” along with Ginny Piech Street and Anita Prentice, the trio has collaborated on many projects over the years.

Comer gleaned from her garden-based life and works with fiber and torn bits of handmade papers, foils and nature tidbits. Her award-winning mixed media work is mainly collage and encaustic (a hot wax process). As a faculty member of the Vero Beach Museum of Art, she conducted many workshops.

Doors of a new cooperative opened last month in the circa 1924 Raulerson Building bringing vitality to the former Treasure Coast Stamps location at 131B N. Second Street. The spot is undeniably among several prominent buildings in historic, downtown Fort Pierce — including the Arcade Building and Sunrise Theatre — that lend their grandeur to artistic renovation and preservation.

The minimalist gallery contains the works of four women whose style and energy compliment and magnify one another. Joining forces at Seriously Mixed Media Art are Allie Comer, Janet Bird Fuller, Gretchen Green and Sherry Horton. Comer and Horton are half of the co-founding ArtMundo team who exited their long-standing locations in the Underground at the 111 Orange Avenue building to take up residence with Fuller and Green who were active board members of the Center for Creative Expression.

The new digs means another art retailer is in the mix. The Peacock Clay Collaborative, which opened last April, is to the north at 203 N. Second Street. Comer and Green ventured into the deal for a gallery with greater visibility. “The Second Street location is perfect for that,” said Green from her summer roost in Hudson, NY. “We needed an on-street location. Commerce follows artists, so we know this is good for downtown.”

It was Green who spent three days scraping the stamp decals off the front windows but baring the intensive labor, the interior was move-in ready. “It’s the perfect location. We have room to host guest artists and an area to hold classes in the future,” Green added.

Seriously Mixed Media Art Combines a Variety of Talents

by Debra Magrann

“Machine in the Garden” by Janet Bird Fuller took first place in the 3D category at the A.E. Backus Museum’s 2013 Best of the Best show in the 3D category. Her road to tinkering began with an online search: “How to be a famous artist,” which led her to ArtMundo in the 111 Orange Avenue building. She was selected by Ginny Piech Street in 2012 for an emerging artist exhibit and since then it’s been full steam ahead. She recently partnered with the diva of mosaics, Anita Prentice, for “A Mother’s Heart” at the Art on 18th gallery in Vero Beach. She joined Art Chix to make ‘Cool Tools’ for Heathcote Botanical Gardens and exhibited in the Holiday Extravaganza at the A.E. Backus Museum.

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Continued on page 12 …
Fort Pierce Utilities Authority: How Businesses Can Benefit from Marketing Their Energy Savings

by Jason Hoffman

How much energy do you waste? Hmmm… that may feel like an awkward question. Let’s set aside the dollar figure to focus on the messaging — waste. Despite our society’s consumption ethic, we also have a cultural aversion to “waste.” Think about rueful recollections of a youth wasted or talent frittered away. The idea of “waste” is enough to get some people’s blood boiling. Buying something and throwing some portion of it away before it is used simply strikes most of us as offensive, something to be avoided.

I recommend that more businesses experiment with this term. Your customers may have significant different demographics and psychographics from one another but what drives their internal need to do the right thing is true throughout. “We want to know how you’re reducing waste and saving the environment.” Not just the “Green” concept — which is entirely overplayed — but how your business is thinking about us and not just our money.

We advise business customers to put this fresh concept around reducing energy waste into practice to help bolster their bottom line goals. So let’s get granular: at your next business group meeting, or even in your personal interactions, find a way to work the word “waste” into the discussion. Watch how people react. Do it in several settings and with different age groups.

Here are some specific ideas you could experiment with to work the “waste” message into your marketing and communications:

• We reduced our energy waste to pass the savings onto you.
• Check out our bathrooms — those low flow faucets save XX gallons of water per day.
• We don’t have waste, we donate.
• There’s a name for people who don’t waste — SMART.
• This building was recycled for a new use, come take a look.

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• This building was recycled for a new use, come take a look.
4th of July Holiday Weekend in Downtown Fort Pierce

by Pam Gillette

Independence Day, commonly known as the Fourth of July, is the day when our nation comes together to celebrate our freedoms. Americans spend the weekend with family and friends watching fireworks and parades, having barbecues, and honoring our country. Fort Pierce celebrates the holiday with Friday Fest, the Downtown Farmer’s Market, the Jazz Market and Stars Over St. Lucie.

On FRIDAY, JULY 1, come down to the longest running street festival on the Treasure Coast to enjoy music, arts & crafts, food, fun, and fireworks at Fort Pierce City Marina Square. The entertainment for Friday Fest will be held between Cobb’s Landing and The Original Tiki Bar with the band Checkmate. Checkmate is a seasoned group of professionals who love playing classic rock and roll, blues and 80s music. They have been rocking together for years, enjoying their fans and playing beautiful music. Jeff Brown, from iHeart Media – WAVE 92.7 and OLDIES 103.7 will be there at Friday Fest to entertain the crowd with Top 40 music.

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. Friday Fest will have a wide variety of food vendor choices including BBQ, Caribbean, Latin, Seafood, stir fry, Americana, and various snack items. Stop by and support our vendors and sponsors, while checking out the newest line of vehicles from Garber Buick/GMC of Fort Pierce and enter to win a new Billfish Boatworks 14’ skiff – raffle tickets available at Bluewater, Cobb’s Landing or The Original Tiki Bar.

Thanks to the generosity of local businesses; Budweiser, Bluewater Beach Grill, Cobb’s Landing, Fort Pierce Utilities Authority, Fort Pierce Yacht Club/Treasure Coast Youth Sailing, Garber Buick/GMC of Fort Pierce, the Law Firm of Hoskins, Turco, Lloyd & Lloyd, Ocean Chiropractic & Health Center, the Original Tiki Bar, and Waste Management — we are proud to have a mini fireworks show at Friday Fest as a preview for the 4th of July.

On Saturday, July 2, is our local Farmer’s Market at Marina Square in Downtown Fort Pierce. Ranked #1 in Florida and in the top 5 nationally the Downtown Farmer’s Market is a “Saturday Morning Tradition.” The hours of the market are 8 a.m. until noon, rain or shine and music is provided by Alita & the Boys.

Also on Saturday, July 2, the Fort Pierce Jazz & Blues Society hosts a Jazz Market “featuring creative arts & crafts” in Historic Downtown Fort Pierce on the waterfront of the Indian River. Original handmade crafts, stained glass, Highwaymen paintings, hand-painted glassware and much, more are available for purchase. Funds raised support education programs and local scholarships. The hours of the market are 8 a.m. until 1 p.m.

On Monday, July 4, the 4th of July festivities kick off at 5:00 p.m. rain or shine, with entertainment by DJ – Jeff Brown from iHeart Media – WAVE 92.7 and OLDIES 103.7.

At 5:30 p.m. Moxie’s Dance Studio in downtown Fort Pierce will perform a ballet, Irish step dance and swing routine. The dancers will range in the age groups from 5 to 11 years old and the performances will reflect the holiday and the music from the World War II era.

Continued on page 18 …
Become A Member

It Takes All of Us to Make Our Historic Downtown Prosper and Grow!

Main Street Fort Pierce wants to invite you to become a part of the renaissance of our Historic Downtown area. Over the past twenty-six years, we have worked to repair streets and sidewalks, upgrade storefronts, renovate the Sunrise Theatre, Old City Hall and the Flatts Backus House – a design a downtown “Master Plan” built the Manatee Observation and Education Center and much more! Annually, Main Street Fort Pierce sponsors over 30 events — most which are free of charge.

Yet there is still much more to be done! We need you to be involved in our continued planning for the area. Become a member and support Main Street financially. We rely on the participation and the voluntary annual dues from our members to accomplish our goals and complete our projects.

Whether you own a downtown business or you just love Historic Downtown Fort Pierce, we need your energy and support to continue to rejuvenate our community’s heart and soul.

Why Main Street Fort Pierce?

• Downtown Fort Pierce is an important employment center.
• The area is a reflection of the community image.
• Locally-owned businesses keep profits in town and support other local businesses and community projects.
• A vibrant downtown creates a feeling of “hometown pride” and sense of place.
• The downtown district is a public gathering area, where parades, special events, and celebrations are held in a suitable setting.
• Community character and historic integrity cannot be recreated.

What are Membership Benefits?

• Your membership dues are an investment in the future of Historic Downtown Fort Pierce, helping us to sponsor improvements and events throughout the year.
• Members receive advance notice and invitations to special events.
• You will receive the monthly subscription to Main Street Focus magazine and links to Focus On- line.

As a member of Main Street you are automatically aligned with others who want to preserve the past and influence the future of Fort Pierce.

You can belong to Main Street Fort Pierce at one of eight different membership levels, starting at just $15.

Main Street Membership Levels

Benefactor Levels
Headline Sponsor ($1,000)
Patron Sponsor ($500)

Community Levels
Main Street Student Membership ($15)
Main Street Friend Membership ($25)
Main Street Family Membership ($50)

Corporate Levels
Main Street Small Business Membership ($50-100 employees) ($500)
Main Street Medium Business Membership ($101-500 employees) ($1,000)
Main Street Large Business Membership ($501 or more employees) ($5,000)

Please Take a Minute to Join Today!

Complete the form below and join our growing group of committed members. By joining Main Street Fort Pierce, Inc., you are supporting the economic well-being of the entire community.

Name: ___________________________ Membership Level: ___________________________

Company/Organization: ___________________________

Street Address: ___________________________

City / State / Zip: ___________________________

Phone: ___________________________ Email: ___________________________

4TH OF JULY … continued from page 17

and dance music party band from West Palm Beach. Wonderama chooses most of their playlist from the top of the Billboard Hot 100 list. The band was formed in 2012, with a goal to reach listeners that wanted to hear “today’s hit music” along with some classic party favorites mixed in.

At 9:00 p.m. the City of Fort Pierce will present a dazzling fireworks show, finishing up with Wonderama returning to the stage until 11:00 p.m.

You won’t want to miss a great holiday weekend filled with food, fun, friends, and fireworks at Fort Pierce City Marina Square in historic downtown Fort Pierce – July 1st is Friday Fest and don’t forget to visit our nationally acclaimed Farmer’s Market and Fort Pierce Jazz & Blues Society Jazz Market on Saturday, July 2nd as we build up to Monday and the 4th of July celebration.

Fort Pierce City Marina Square is located at Melody Lane and Avenue A in Fort Pierce. For more information, contact Main Street Fort Pierce (772) 466-3880 or go to our website at www.mainstreetfortpierce.org.
**Love, JAZZ Community: A Cure for the Summertime Blues**

by Don Bestor

July is always one of the quiet months here “in the Fort” and indeed, all throughout St. Lucie County. The snowbirds have flown North, schools are on break, and life kind of slows down a little for those of us who call this paradise home all year long. Yes, it may be a little steamier here, and things may move at a more relaxed pace for all of us during these summer months, but isn’t it nice to know you can still enjoy a Saturday morning stroll by the water’s edge at the downtown Jazz Market no matter what time of year it is? There always seems to be a bit of a breeze there; parking is a breeze, too, and the vendors, regulars, and visitors who wander by have a little more time to chat during the summer months. If you haven’t stopped by the Jazz Market lately, why not plan to drop by this Saturday morning — or any of them, for that matter, so you can enjoy the small-town feel of being part of a wonderful community?

Speaking of community, one of the things you may not know about the Fort Pierce Jazz and Blues Society is that we are busy all year long with jazz jams, live concerts, master classes, summer camps and workshops for ‘kids’ of all ages, and sharing our time and talent with other non-profit organizations and community groups. Whether it’s our fabulous friends at Main Street Fort Pierce, HANDS of St. Lucie, a local elementary school, or St. Lucie County’s up-and-coming Treasure Coast Research Park, members of the Fort Pierce Jazz and Blues Society try our best to share our talents with worthy causes and organizations. It’s not something we have to do; it’s simply something all of us involved with the Fort Pierce Jazz and Blues Society believe in very strongly. Yes, we are by and large a group of professional musicians who have chosen to call this community our home, but more importantly, we choose to not just call this paradise home — we choose to actively give back to help make it the best community ever.

We’re never surprised when we read the latest kudos being offered to Main Street Fort Pierce or the newest poll that ranks Fort Pierce and St. Lucie County as great places to live, work, and visit. We’re not surprised because we live here, and we want to contribute to the things that make this community so special and laudable. And we want you to know that we are always grateful for your support of Fort Pierce Jazz and Blues Society.

It’s because of your support and your constant presence at our weekly jazz jams, concerts, and events that we’re able to provide $11,000 in scholarships to talented, young musicians who want to pursue a career in music. Because of your support and generosity, Fort Pierce Jazz and Blues Society was able to award scholarships to Joey Candela, Jonathan Capen, Ryan Cox, Aaron Dell, Aiden Delovery, Brandon Hatfield, Fred Joseph, Harrison Kenwood, Chad Oehrle, Conner Shann, and Christian Shemo this spring.

And because of your continued support and encouragement, members of our Society will keep on bringing you opportunities to enjoy our truly American art form and chances to share our love of music and community with others. July may be the month when we all tend to feel especially patriotic and part of something great, but for all of us at Fort Pierce Jazz and Blues Society, the feeling of being part of a very special community are something we experience year-round, and we’re grateful for a chance to share that with you.

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July 2016 MAIN STREET FOCUS 21
The American Flag

The Betsy Ross flag is an early design of the flag of the United States, popularly—but very likely incorrectly—attributed to Betsy Ross, using the common motifs of alternating red-and-white striped field with five-pointed stars in a blue canton. The flag was designed during the American Revolution and features 13 stars to represent the original 13 colonies. The distinctive feature of the Ross flag is the arrangement of 5-pointed stars in a circle. The American flag’s colors—red, white, and blue—were adopted by the Continental Congress in 1777. While the colors were not given symbolic meaning at the time of their adoption, Charles Thomson, the Secretary of the Congress, said the red was for bravery, the white for the purity of the new nation, and blue for vigilance and justice.

Yoga: Exercise Your Body and Mind

by Catherine Miller

The term “yoga” encompasses a broad variety of physical practices based on teachings developed five thousand years ago in India. There are numerous styles of yoga, incorporating various “poses” which strengthen and stretch different parts of the body, such as Downward Dog, Warrior I, Pigeon, etc. Some styles are fast-paced and intense. Others are gentle and relaxing. Styles of yoga include:

**HATHA.** The form most often associated with yoga, it combines a series of basic movements with mindful breathing.

**VINYASA.** A series of poses that flow smoothly into one another.

**ASHTANGA.** A series of poses, combined with a special breathing technique.

**BIKRAM.** Also known as “hot yoga,” it’s a series of 26 challenging poses performed in a room heated to a high temperature. All schools and styles of yoga promote a total mind-body workout that combines strengthening and stretching poses with deep breathing and relaxation. People of all ages and fitness levels can do the most basic yoga poses and stretches, and poses can be modified to accommodate beginners and various health concerns. Yoga can be done indoor or out, at home or in a studio/gym, with minimal equipment (often simply a yoga mat).

Yoga helps tone and strengthens legs, arms, glutes, back, and core, increases flexibility, and improves cardio and circulatory health, energy, and vitality. Yoga’s incorporation of meditation and breathing techniques can help improve mental well-being, relieve stress, promote relaxation and sharpen attention. With all these benefits, it’s no wonder that yoga has been around for so long! You can find a variety of yoga classes in downtown Ft. Pierce:

- **Anytime Fitness**, 111 Orange Avenue; www.anytimefitness.com (membership fees apply).
- **River Walk Center – City of Fort Pierce**, 609 North Indian River Drive; see class schedule and fees: www.cityoffortpierce.com/197/River-Walk-Center.
Anita Prentice Creates her 150th Mosaic Bench for Old Fort Park

by Holly Theuns, Executive Director Art Mundo

I am happy to report that the arts are alive and well in Fort Pierce. Local mosaic artist Anita Prentice just completed her 150th mosaic bench, a commission from the Lions Club of Fort Pierce, depicting the Ai’s Indians fishing in the Indian River. That bench is located at the Old Fort Park on Indian River Drive and commemorates the Ai’s (pronounced As) Indian Burial Mound.

Our city of Fort Pierce was named after Lt. Col. Benjamin Kendrick Pierce, the commander of the fort built on this site by the US Army during the Second Seminole War. Benjamin Pierce’s brother, Franklin Pierce, later became the 14th President of the United States. The fort was built in 1838, decommissioned in 1842 and burned down in 1843. The Ai’s Indians settled in Florida around 1000 BC and died out in the 1740s but their burial mounds have been preserved along the East Coast of Florida between Cape Canaveral and Fort Pierce.

The Old Fort Park site has been the recipient of a 2 ½ year public/private partnership between the City of Fort Pierce and the Lions Club of Fort Pierce, led by President Mathew Samuel, President of the Lions Club of Fort Pierce.

For tickets, call 772.461.4775 or visit SunriseTheatre.com

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to preserve the burial mound, add informational kiosks and improve the landscaping. The park has never looked better and the informational kiosks, fact checked by the St Lucie Historical Society, provide fascinating information on the history of the site. In fact, the City of Fort Pierce received an award for historic preservation from the State Trust for the improvements made to the Old Fort Park.

Prentice’s next series of benches will commemorate our armed forces and be placed at the new River Walk Center’s Veteran’s Memorial Park some time this fall. These benches join the fish benches at the Fort Pierce Jettty Park and all of the mosaic benches located in and around downtown Fort Pierce and the rest of the county.

Visit Old Fort Park and admire this beautiful bench. If you look very closely in the bottom of the canoe you will see that Prentice placed small glass fish at the Indian’s feet. That level of detail is why Anita Prentice is known as a master mosaic artist. I love her work and can’t wait to see the next benches.

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JULY 2016
MAIN STREET FOCUS
26

ANITA ... continued from page 25

It’s All About Watermelon

Watermelon is a typical Fourth of July treat. The best way to enjoy a watermelon is to slice it open and dig in. The flavor of a ripe summer watermelon is sweet, refreshing, and basically incomparable to that of any other fruit—it’s difficult to improve upon. But if you want to branch out, try patting chunks of watermelon dry with a paper towel, then grilling them lightly so that the outside is warm and caramelized, and the inside is cool and juicy. Watermelon pairs well with fresh herbs like mint and basil and a soft tangy cheese, like goat cheese or Greek feta. The fiber-rich rind is also delicious pickled, candied, or turned into jam or jelly.

Choose a watermelon with a smooth, waxy green exterior, with or without stripes. Ripe watermelons will have a creamy yellow spot where the melon rested on the ground. Since watermelons don’t ripen after leaving the vine, be sure to buy a ripe one.

Whole melons keep in the refrigerator no longer than one week. Once cut, refrigerate covered with plastic wrap or in an airtight container.

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Watermelon and Feta Salad

A refreshing summer salad, made with sweet watermelon, peppery arugula and feta cheese. All the ingredients balance each so well and it’s so pretty to look at too. Give this a try, it’s perfectly yummy with grilled dishes!

1 (2 pound) piece watermelon, rind removed and flesh cut into 1/2-inch cubes
1 (4-ounce) block feta cheese, cut into 1/2-inch cubes
1 packed cup watercress or arugula
1 lemon, zested and juiced
2 tablespoons extra-virgin olive oil
½ teaspoon salt
¼ teaspoon freshly ground black pepper
red onion, sliced (optional)

In a salad bowl, combine the watermelon, feta cheese, watercress, lemon zest, lemon juice, olive oil, salt, and pepper. Gently toss until all the ingredients are combined. Serve immediately. Serves 4.

Shoepeg Corn & Baby Pea Salad

Another really yummy salad that is bright and colorful.

1 large green pepper, seeded and chopped
1½ cups celery, chopped
1 (15 ounce) can baby green peas (Le Sesueur brand)
1 cup green onion, chopped
1 (4 ounce) jar diced pimentos, drained
1 (11 ounce) can white shoepeg corn (Green Giant)

Dressing
½ cup apple cider vinegar
¼ cup sugar (or substitute Splenda)
¼ cup canola oil
¼ teaspoon salt
1 teaspoon dried dill

In a large bowl with a good top that seals, combine all of the vegetables and toss to combine. In a separate jar or bowl, mix together dressing ingredients. Pour dressing onto salad and mix together. Place tight fitting top on bowl and refrigerate for at least 2 hours. While salad is in the refrigerator the 2 hours, reach in about every 30 minutes or so and give the bowl a shake upside down to help the dressing cover all the veggies. Serve cold with a slotted spoon. Pour dressing.
Tech Bytes: Fake Facebook Links

by Michael Lewis, Mike’s Downtown Computer Repair

Watch out! Fake Facebook links are on the rise. However, there is something you can do about it. Everyday people receive links from friends and/or strangers to check out new videos or to look at an awesome new product. Most of the time the people unknowingly post or send links that lead to malicious websites or fake videos by Facebook Apps. There are numerous Apps that can access your Facebook data and send out anything that it wants. The easiest way to combat this is to go through your Apps in Facebook and ensure all your apps are actually apps you use. To access Apps in Facebook, click the drop down next to the lock in Facebook and select settings, click Apps in the left menu and hover over an app and click to edit its settings or remove it completely. Good luck and safe computing!

Mike’s Downtown Computer Repair is located at 207 Orange Ave. Suite E in Fort Pierce; phone (772) 448-8153, cell (772) 480-3427.

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