Great Events Heat Up the Summer in Downtown Fort Pierce
by Beth Williams

The dog days of summer are here! While most of us are trying to figure out how to cool down, Main Street Fort Pierce is turning up the heat on ways to promote our historic downtown and ensure that we keep this important organization thriving.

MSFP is working with city leaders to make sure there will be a fabulous 4th of July celebration downtown. The event will feel like our family-friendly Friday Fest but with a patriotic flare!

The 18th Annual Reverse Raffle committee is hard at work putting the finishing details on this MSFP signature event. Scheduled for August 18th, the Mardi Gras-themed event is going to blow you away! Every year our party gets bigger and better, thanks to our committee, sponsors, and of course, our loyal supporters who know this is the party of the year in Fort Pierce.

You can go ahead and reserve your tickets now by calling the MSFP office at 466-3880. You definitely want in on all of the fun — silent and live auctions, jazz music, blackjack tables, food, drink, and fun with the best partiers in the region!

Tickets for this event are just $100 and provide entry for two people along with a chance to win cash!

Support Main Street and our ongoing efforts to keep our beautiful downtown vibrant. Join us for this major event and ‘laissez les bons temps rouler’ (let the good times roll)!

On behalf of the Board of Directors, we appreciate your membership, volunteerism, and support of this great organization. If you aren’t a member, we invite you to join this awesome group by completing the membership form in this edition of the Focus. I know you’ll be glad that you did!
**Spend Some Time in Downtown Fort Pierce with the DBA**

by Deb Cohen

Summer is here in Downtown Fort Pierce. We are very lucky to frolic on the waterfront at this time of year. Our city is quite unique. The days are filled with activities that involve being on or in the water. We have some suggestions as to what to do when things are a little cooler such as early morning and evening.

First, every Thursday evening from 5 p.m. until 9 p.m.

**Rinelli’s Yellow Tail** sponsors the **Downtown Business Association’s Bike Nite.** This event always has a roaring turnout. We invite you to take a ride to clear your head and join us on Second Street. The event features our popular DJ, **DJ Pink,** He always has things up with a variety of tunes he hand-picks for the event. There are places to eat and shop. Even if you do not have a bike, you are welcome by all to come and see the wonderful display of motorcycles lined up along Second Street. Don’t forget to bring your camera to take a few shots.

Second, our newest monthly event is **Treasures In The Trunk**

Every third Saturday of the month vendors with antiques or vintage and collectible items park their vehicles along Second Street in downtown Fort Pierce. Selling specialty items from a trunk that is a decorated sales space is a unique way of displaying one’s goods. We also invite artists and authors to set up tables while they are invited to participate as vendors. Please contact the Downtown Business Association for information or visit our website www.fortpiercedowntown.com.

Last but not least, we have our **Classic Car Cruz In**. This event takes place on the last Friday of every month. The DBA is grateful to have Roger Dean Buick GMC sponsor this event. The **Classic Car Cruz In** is in our most family-popular event. The generations come together to enjoy cars from all decades. Pictures are welcomed by the car owners who can also talk about their vehicle and the year it was from. It is so nice to see families enjoying downtown while spending quality time together. I love to sit and watch the grandfathers tell their grandchildren all about their first car and what it was like back in the day. These are times that will be remembered by all. Please come and stroll along Second from 5 p.m. until 8 p.m. while listening to the tunes selected by DJ Pink. I am sure you will hear one of your favorites being played.

The DBA really appreciates all the support given to these events. The more the merrier. At this time we would like to thank all of our members who have joined the association again this year. We would also like to invite any business who wishes to be part of making our downtown the place to come again this year. Please visit our website www.fortpiercedowntown.com.

See you downtown!
The City of Fort Pierce has a unique opportunity on the horizon to consider proposals to develop publicly-owned land held by the Fort Pierce Redevelopment Agency, located near the northwest base of South Bridge. Proposals for consideration are a result of initiative and discussion with local land and business owners with ideas to create a true fisherman’s wharf, a landing place or pier where boats tie up to load or unload their fresh catch, embracing Fort Pierce tradition and the economic development focused on eco-tourism.

The wharf redevelopment would embrace the progress and current attraction of the existing features of a quaint marina, 12A Buoy Restaurant, Treasure Coast Boat Rentals, and other amenities, coupling them with a revitalized home to commercial fishermen and extend diverse waterfront activities, such as additional restaurants, fresh fish markets, and much more.

Economic viability that encompasses Fort Pierce’s rich maritime history and magnificent waterfront is a priority for the City and this proposal reveals significant potential for our community with the direct fiscal impact of commercial fishing when considering the significant outlays for gas, tackle, bait, groceries, boat maintenance, direct salaries, and tourist interest.

The conceivable reality of such a project could mean several million dollars annually for the area! The attraction of expanded events being held at the Veteran’s Memorial Park, bridging the gap between downtown and fisherman’s wharf, are fascinating visitors from surrounding areas frequented our waterfront more than ever. A welcoming dialogue focused on discussion of this project and supplementary promotion of hotels and other commercial waterfront activity inspires optimism and hope that the future of Fort Pierce continues to be bright and within reach.

I encourage any interested residents, visitors, and businesses to contact City Hall with inquiries, proposals, and suggestions to ensure public vision. With each new sunrise in Fort Pierce, it’s apparent that signs of progress and environmentally-friendly economic development are live and well.
a dozen Art Mundo artists volunteered to artistically enhance retired fire fighter’s boots. These decorated boots will be placed in Seacoast National Bank branches in July to collect money for a program the District sponsors every year — Lil’ Feet — which collects funds to help kindergarten and first grade students have a new pair of shoes to start school with. The boots will be on display at Art Mundo from Wednesday, June 13th until Friday, June 22nd. Come by and check them out and then look for them in Seacoast National Bank branches and if you can, make a donation and help a child start school with new a new pair of school shoes.

On the Edge, a gallery space as you enter the Underground is set up in June to display the wonderfully imaginative wood and gourd art of Judith Suit and Larry Burchard. Between them they incorporate the arts of scroll saw cutting, wood burning, water color and mixed media. Their work is fun, well priced and they really do have something for everyone.

Classes — did someone ask about art classes? Art Mundo has a variety of classes available year round. For example, in the month of June, Ginny Piech Street is offering Painted Paper and Paper Collage, Versatile Paper Maché, Wacky Wind Vanes and Playful Monoprinting. We have 3 options for painters — Leslie Stokes, Intuitive Oil Painting on Saturdays, Marie Morrow’s Oil and/or Watercolor class on Friday afternoons, and George Love’s, Beginner Oil Painting class on Thursday afternoons and Saturday mornings. Martha Cross teaches a super fun Clay Class Saturday mornings.

June is Packed Full of Good Things at Art Mundo

by Holly Theuns

Saskia Fuller, Art Mundo’s resident goldsmith and tiki carver, came up with a fantastic theme for June’s show — Tideline. The show is all about art made from, or inspired by, the debris that man has deposited on our beautiful beaches. The students from St. Andrews and the Imagine School will have work in the show as will many area artists. The Environmental Learning Center, Oxbow Center, ORCA, Smithsonian, Harbor Branch, White Rabbit Organic Farm, Manatee Center and the Indian River Keepers have all been invited to participate with this show. Art Mundo hopes a show featuring art from recycled beach junk will help to make us all more aware of the responsibility we have to our ocean, rivers and lagoon.

Did you have a new pair of school shoes each school year? I did, but many in our community will not be so lucky without a little help from their friends. At the Fire District’s request, the Fire District’s request, the Fire District’s request...
Manatee Center Recognizes Its Valuable Volunteers

April 15th to 21st, was designated as National Volunteer Appreciation Week. Volunteers around the country were recognized during this special week for all of their hard work and dedication. On Friday, April 13th, the Manatee Observation & Education Center hosted their 16th Annual Volunteer Appreciation Dinner to honor their many treasured volunteers.

Over 60 active Manatee Center volunteers as well as volunteer board members from the Treasure Coast Manatee Foundation were honored for their service. Each volunteer received a certificate listing their hours donated for the 2011 – 2012 season. Ten volunteers were recognized for donating the most hours. During this season, April, 2011 to March, 2012, volunteers donated over 10,127 hours to the Manatee Center.

Select volunteers were also honored for their dedicated service over the years: George Springer was awarded a “Manatee & Friends” statue for surpassing 3,000 hours of service. Dorothy Scorto and Lavonne “Bonnie” Money were both awarded a “Manatee in Sea Grass” statue for surpassing 2,000 hours. Five volunteers were awarded a “Golden Butterfly” for surpassing 1,000 volunteer hours: Howard Gustafson, Delores Tate, Lizann Webb, Katie Felch, and Jordan Raley. The butterflies are mounted on the Fred Brock Memorial Garden wall behind the Manatee Center. Katie Felch and Jordan Raley are student volunteers and are the youngest volunteers to reach the 1,000 hours distinction.

The Manatee Center has a volunteer force of over 100 that assist staff with day-to-day operations from manning the Vanishing Mermaid Gift Shop and leading visitors in the exhibit hall to assisting with special events, summer camps, education programs and maintaining the grounds around the center. The Manatee Center would not be possible without the many volunteers who support the center and generously donate their time and talents. Thank you, Manatee Center volunteers.

For additional information on the Manatee Center volunteer program, please call Brandi, Coordinator of Volunteers, at 466-1600, ext. 3071 (phone lines are routed through Fort Pierce Utilities Authority switchboard.) Volunteers must be at least 14 years of age.

The Manatee Center’s volunteer program is proudly supported by AT&T Real Yellow Pages.
Secretary Detzner Designates Lincoln Park as Florida Main Street Program of the Month

Recognizes organization’s contribution to preservation and restoration

Secretary of State Ken Detzner announced Lincoln Park Main Street as the Florida Main Street Program of the Month for May 2012. The selection for this award is based on the Lincoln Park program’s involvement and active participation in the Florida Main Street Program. “Lincoln Park is a culturally and historically rich Main Street community,” said Secretary Detzner. “Through the tremendous efforts of the program’s leadership, Lincoln Park Main Street has developed impressive events and offered invaluable support to the businesses in their community.”

Lincoln Park is a district within the city of Fort Pierce. As the city expanded, a settlement called Edgartown emerged. Edgartown itself grew and as more families moved into the area, the community developed a bustling commercial district. In the 1920s and 30s, families and businesses who moved to the area found success along the Avenue D corridor, which soon became the economic heart of the area now known as Lincoln Park. Family-owned businesses such as barber shops, grocery stores, churches, restaurants and a movie theater became the economic and cultural foundation for a predominantly African American community.

Though Lincoln Park continues to be a vibrant community, there was a period of time between the 1960s and 1990s when the local economy was in decline. However, the local residents’ revitalization efforts, such as streetscape and infrastructure projects, along with the removal of substandard housing units, helped encourage businesses to return to the area. In recent years, Lincoln Park Main Street has made many more great strides and has continued to invest in its downtown. There have been façade improvements completed along the Avenue D corridor; a groundbreaking of a new Intermodal Bus Terminal, and the reopening of Moore’s Creek Linear Park. Lincoln Park Main Street orchestrated a neighborhood cleanup of Moore’s Creek Linear Park, and those efforts culminated in a revitalization of the area where events like Jazz of Moore’s Creek, featuring jazz musicians and High-waymen artists, now take place.

The Florida Main Street Program designated Lincoln Park a Main Street Community in 2006. As a Florida Main Street Community, Lincoln Park has attracted a net gain of 13 new businesses and 70 jobs, as well as investments totaling more than $11 million dollars in 34 public and private construction projects.

Dedicated community members have contributed nearly 2,000 volunteer hours in their Main Street Program. To learn more about Lincoln Park Main Street, contact program manager Pamela Carithers by phone at 772.462.2481, or email lincolnparkmainstreet@live.com.

The Florida Main Street is a technical assistance program of the Bureau of Historic Preservation, managed by the Florida Department of State’s Division of Historical Resources. The bureau conducts statewide programs aimed at identifying, evaluating and preserving Florida’s historical resources. Main Street, with its emphasis on preservation, is an effective strategy for achieving these goals in Florida’s historic retail districts. Since 1985, the bureau has offered manager training, consultant team visits, design and other technical assistance, as well as the benefit of experience gained by other Florida Main Street programs.
The Wyland Foundation and Toyota announced the 12 winning cities of the 2012 National Mayor’s Challenge for Water Conservation, an online competition held throughout April. The Challenge encouraged residents in all 50 states to conserve water, save energy and reduce pollution.

The winning cities are: Laguna Beach, California; Victoria, Minnesota; South Shore, Kentucky; Charlestown, New Hampshire; Manhattan Beach, California; Eden Prairie, Minnesota; Fort Pierce, Florida; Quakertown, Pennsylvania; Greeley, Colorado; Madison, Wisconsin; Charlottesville, Virginia; and Toms River, New Jersey.

The Wyland Foundation, founded by renowned environmental artist Wyland, created the Challenge with Toyota in honor of the 40th Anniversary of the Clean Water Act, the primary federal law protecting water resources in the United States. Organizations spearheading the effort also include the U.S. Environmental Protection Agency Office of Water, U.S. Forest Service, National Oceanic and Atmospheric Administration, WaterPik, Rain Bird, Lowe’s, STERLING Plumbing, PADI and Project AWARE.

“This recognition speaks highly of our residents and the important role we can all have in conservation of our natural resources. While we live in a state that is surrounded by water, it is a precious commodity and we all need to conserve daily,” states Fort Pierce Mayor Robert Benton.

The Challenge divided cities into four regions (West, Midwest, South and Northeast) and categorized them by population according to ZIP Codes (5,000 – 30,000 residents, 30,001 – 100,000 residents, 100,000+ residents). Cities with the highest percentage of residents within the city’s ZIP code boundaries who made online pledges at www.mywaterpledge.com to reduce their water use were recognized as the winners.

Participants in the winning cities will now be entered into a drawing to win more than $50,000 in prizes, including the Grand Prize of a Toyota Prius c Hybrid, as well as custom-designed sprinkler systems from Rain Bird, Eco-Flow Showerheads from WaterPik, water-saving toilets from Sterling Plumbing, and 1,000 gift cards for Lowe’s Home Improvement Stores.

Founded in 1993 by environmental artist Wyland (best known for his series of 100 monumental marine life murals), the Wyland Foundation, a 501c3 non-profit organization, is actively engaged in teaching millions of students around the country about our ocean, rivers, lakes streams, and wetlands.

www.wylandfoundation.org.
5th Annual Souvenirs of Downtown, Plein Air Paint-Out

by Pam Gillette

A great time was had at the 5th Annual “Souvenirs of Downtown” En Plein Air – Paint Out. The event brought a wide variety of talented artists to give their own unique perspective on Fort Pierce and to showcase our beautiful city. New to the event this year included the partnership with Art Mundo art classes and the donated painting by Colleen Nash Becht “Chelonia Mydas,” adding a new dimension to an already successful affair.

Main Street would like to thank this year’s participating artists: Kirsten Andreason, Colleen Nash Becht, Adriana Scalamandree’ Bitter, Carol Boye, Pete Cox, Charles Dickinson, Sue Dineenno, Ellen E. Fischer, Diane Harfield, Dorothy Hudson, Richard Kelly, Carol Kepp, Michael V. LasCasas, Lori McNamara, Harry McVay, Diane Mesagno, Dawn K. Mill, Dawn E. Miller, Sally Browning-Pearson, Marlene E. Putnam, Jackie Schindehette, Lee G. Smith, and Barbara May Smythers. The artists’ support of Souvenirs of Downtown made this a special three-day experience.

Main Street would also like to thank the volunteers: Pat Alley, Melinda Anderson, Eddie Becht, Rosa Cochran, Pam Cully, Sue & Dan Dannahower, Sue Dasso, Brenda Eaves, Mimi Ewan, Gary Gillette, Mary Estelle Hamden, Lee, Holden, Frances Larsson, Kay Palm, Debbie Shaffer, Jean Synkoski, & Beth Williams. Each of these dedicated volunteers made Souvenirs of Downtown a successful event and Main Street is grateful for their support.

During the three days, the artists painted scenes from our town and interacted with our residents. Art Mundo artists Larry Burcard, Allie Comer, Georgina (George) Love, Joe Miller, Shelly Polvere, Anita Prentice, Jenny Shibona, Ginny Pierch Street, and Judy Sui shared their talents with the public with free art lessons and demonstrations and Main Street’s two receptions provided great art, food and music.

The 5th Annual Souvenirs of Downtown concluded on Friday night with the drawing of the donated painting by Colleen Nash Becht “Chelonia Mydas” and the choosing of the 2013 cover painting. The lucky winner of “Chelonia Mydas” was Sally Shaw and the 2013 cover painting is “Old Fort Pierce Park Vista” by Lori McNamara.

Lori McNamara was born in Fort Pierce and still lives in her old house on the Indian River. She is the leader of Plein Air Painters of the Treasure Coast. She is a member of Plein Air Florida and the Daily Painters Art Gallery online and is the assistant administrator of the South Plein Air Painters Blog. Lori is a member of Art Bank. She enjoys painting outside from life and loves Florida’s great natural beauty.

Main Street Fort Pierce is happy to bring Souvenirs of Downtown to the citizens and guests of Fort Pierce. Plans are already in the making for next year’s event. Save the date for the 2013 Souvenirs of Downtown to be held on April 17, 18, & 19, 2013.

Souvenirs of Downtown is sponsored by Southern Eagle Distributing and St. Lucie News Tribune.
City of Fort Pierce Held “Big Splash” Ceremony to Kick-Off Waterfront Protection Project

On May 10th, the City of Fort Pierce kicked off the Waterfront Protection Project at Marina Square in Downtown Fort Pierce. The “Big Splash” will mark the beginning of an 18-month project to rebuild the Fort Pierce City Marina and create several tiny man-made islands (14.66 ac.) that will provide habitat for birds and other animals.

After the 2004 hurricanes, Fort Pierce was unable to acquire funds from the Federal Emergency Management Agency for repairs until the city developed a way to protect the docks from future hurricanes. City engineers developed a protection plan involving buffer islands to help prevent massive waves from crashing into the docks. The design, testing and permitting process took over six years to complete with twenty design changes from the original concept.

Comprised of 90,000 tons of limestone and approximately 120,000 cubic yards of sand fill, the storm protection system will enhance the estuarine habitat of the Indian River Lagoon with 1.28 acres of oyster, 6.26 acres of artificial reef, 2.22 acres of coastal dune, 8.12 acres of sea grass beds, 1.54 acres of mangroves and 2.33 acres of potential shore bird habitat. The islands will not be open to the public.

With a loss of 100 boat slips in the 2004 hurricanes, the Fort Pierce City Marina will add new docks consisting of 287 slips. Funding for the project is from insurance and FEMA for an amount of approximately $28 million.

1st Annual Treasure Coast BBQ Championship

On May 12, the 1st Annual Treasure Coast BBQ Championship was held to benefit the Humane Society of St. Lucie County. Sponsors included St. Lucie Battery & Tire, Cooper Tires, Harbor Community Bank and Domenick’s Corner Grill.

Downtown Entrepreneur Announces Interactive Game for Children

Shizapp Interactive is proud to announce the arrival of the dynamic new adventure game The Nightlings, which is now available for download on iPod Touch, iPhone, and iPad devices. The Nightlings is the brainchild of local entrepreneur Mike Jarrell.

Originally designed to help empower children not to be afraid of the dark, The Nightlings requires players to make use of an eclectic array of household weapons to fend off a mangy horde of monsters that has stolen something of great value from the central character, Max, who must overcome his terror and strike out on the offensive.

With equally strong backgrounds in gaming, programming, and art, head of Shizapp Interactive and game creator Mike Jarrell found himself with all the skills at hand needed to write a game that was both challenging and empowering for his five-year-old son, Mikaiden.

Jarrell is a local business owner with offices in historic downtown Fort Pierce. Jarrell’s work in design flows from his training at the Art Institute of Fort Lauderdale. After moving from Fort Lauderdale two years ago, Jarrell immediately began putting his degree to good use along the Treasure Coast. Through Nu Edge Designs, Jarrell helps local businesses to establish their brands, build their online presence, and advertise their products and services effectively. In this way, Jarrell assists local businesses in getting the most out of their individual enterprises.
Downtown Fort Pierce Merchant and Supporter Serve as Guardians on Honor Flight

by Sydney Liebman, editor Luminaries, Scripps Treasure Coast Newspapers

Two of Main Street’s strongest supporters changed their minds recently and volunteered as guardians for Southeast Florida Honor Flight. Best buds Mel Liebman, owner of The Clock Shop of Fort Pierce for more than 30 years, put down his jeweler’s loop, and Bob Davis, St. Lucie County Tax Collector, put down his #2 pencil, long enough to assist with an historic event that allowed for more than 160 local World War II veterans to travel to Washington DC and pay homage to the memorial built in their own honor.

The brainchild of a retired Air Force Captain, the first Honor Flight took place in May of 2005, when six small planes flew out of Springfield, Ohio taking only 12 World War II veterans on a visit to the memorial in Washington, DC. From those humble beginnings, the Honor Flight Network began, and it quickly transitioned from a few small private aircraft to commercial airline carriers with the goal of accommodating as many veterans as possible. Today, Honor Flight is a national network of 93 non-profit organizations called hubs, with the sole mission of honoring America’s veterans. To date, more than 30,000 veterans have been flown to Washington, DC from cities all over the country, with each veteran flying with an assigned “guardian.”

Normally, an Honor Flight is just that — one flight. But what made this particular transport of veterans so historic is that two airline carriers were filled to the brim with local veterans and their guardsians — something that’s never been done in the past.

Members of Alpha Flight, of which Mel and Bob participated, met at Port St. Lucie City Hall at 4 a.m. on May 12. Filled with excitement, motivation and humbling adoration, 80 vets and their 80 guardians couldn’t wait to get on the road. (The 160 members of Bravo Flight would meet them at the Palm Beach International Airport.) Led by a motorcade of Port St. Lucie Police vehicles and more than 50 AmVets on motorcycles, the four full buses rolled out of the city hall parking lot at 5 a.m. to a street lined with on-lookers holding American flags and cheering loudly. People also lined US 1 coming at PBIA, where literally hundreds of people were waiting by 19th Joint Chief of Staff of the Air Force/Four-Star General Norton Schwartz, who took the time to shake hands with each and every one of them. Hundreds of high-ranking military personnel were also on hand to pay respect to those that had served before them, as well as a military orchestra.

The vets and guardians were then loaded onto the buses and whisked off to the World War II Memorial. “It was amazing to see how many of the veterans had never been to Washington,” said Mel. “They each took time to stand before the pillar representing the state they were from, and had pictures taken of themselves. It was very emotional.”

From there, the entourage traveled to Arlington National Cemetery, where they witnessed the quiet, yet impactful, changing of the guard at the Tomb of the Unknown Soldier. Nothing could have prepared them for the emotional homecoming at PBJA, where literally hundreds of people were waiting for the returning veterans, cheering and waving flags. There were bagpipers, Honor Guards, fire trucks lining I-95 and so much more.

“It was an impressive day — the trip of a lifetime for most of the vets and the guardians,” said Mel. “The most touching part of the day, for me, came when one of the vets said, ‘This is the best day of my life.’ That put it all into perspective.”

Bob said, “I encourage everyone to do this at least once. It’s a very emotional day, not only for the vets, but for the guardians, too. The volunteers that organize Honor Flight did an incredible job. They’re dedicated to providing a seamless trip for our vets.”

To learn more about Southeast Florida Honor Flight, call (772) 781-2212.
Let’s Not Become a Bad Statistic
by Angel Lugo, Manager/Personal Trainer

I recently read an article stating that in the next 5 to 10 years, 42% of Americans will be obese. Do you want to be one of them? I think not. So what should you do? Start by making a decision to change.

Here are some ideas:

✍ Look at your eating plan — find a healthy meal plan you can adapt to your life.
✍ Look at your exercise plan — just get started with an exercise program or programs you’ll enjoy (weight training, classes or outdoor activities).
✍ Make appointments on your calendar and make exercise part of your life. (It will become a good habit to have.)
✍ Get friends and family on board.
✍ Join a gym.
✍ Set long- and short-term goals.
✍ Work with a trainer to learn how to exercise properly.
✍ Get rid of stress with exercise and by focusing on the good things in your life.

Try it out and together we can show everyone that we are taking control of our lives. Say “no way” to obesity.

Anytime Fitness is located at 111 Orange Avenue in Fort Pierce, 772-461-2348.

Finding the Fountain of Youth
by Joanne Augusto, Owner, Nutrition World, Downtown Fort Pierce

For many years my customers would come to me with complaints that their bodies were completely changing as they aged. Personally I would love to say that I could relate to all their experiences, however I was unable. Then something happened. I turned 44 years old. Interestingly and seemingly overnight, my weight began to change, mood swings developed, my libido dropped, sleeplessness and anxiety developed. I could now better relate! Fortunately, an “angel” educated me on the benefits of Anumed’s e-HCG and HGH formulas. I went from a size 18 down to a size 10 in a very short period of time.

I began to restfully sleep again without having to use the bathroom. In fact, my mood greatly improved and my puppies morning messes didn’t even bother me. In terms of libido, let’s just say you have to come into Nutrition World to hear those stories. Gina, my store’s massage therapist also noticed some dramatic results related to hair growth, which had been problematic since having children. You really need to stop by and ask us about these products!

The clinical studies on HGH are amazing. These are the claims being made about HGH:

- Reduce weight without dieting;
- Increase lean mass without exercising;
- Increase energy;
- Increase physical performance;
- Improve body composition;
- Improve quality of sleep;
- Improve sense of well-being;
- Decrease anger;
- Decrease anxiety;
- Decrease coughing;
- Lessen apathy.

As always, I promote a sugar free, chemical and processed free life. But wouldn’t it be nice to get a little help feeling young again without side effects?
Celebrating a Legacy of Teaching at First United Methodist Church Pre-School

by Martha Cross

On Sunday, June 10th, the community will celebrate the remarkable living legacy of Pre-School Director and teacher, Betty Uhl. Mrs. Uhl, and First United Methodist Church Pre-School in downtown Ft. Pierce have served Ft. Pierce for many years. In fact, Mrs. Uhl has been the director for 47 of the fifty years that the church has offered preschool.

So to celebrate, the community is invited to a festive day that begins at 10:30 a.m. Songs will be sung that are sure to bring back memories of the programs that have been a part of Mrs. Uhl’s gift to the families of the children. There have been so many Thanksgiving feasts with pilgrim hats, Christmas shows telling the manger story, Easter Parades with fancy homemade bonnets, something made by little hands, songs sung by sweet young voices, and families gathered to experience all the learning that has taken place under Mrs. Uhl’s guidance.

Mr. and Mrs. Cal McDermid state, “Betty Uhl made a difference in the lives of each of our, now grown children, Calvin, Ryan, and Allison. They gained knowledge, confidence, and knew love in their pre-school years at First United Methodist Pre-School.”

Many families will join in this special day to celebrate the work that Betty Uhl and the preschool have done to enrich the lives of children in our town. If you recognize the last names — Boudrias, Carlton, Johnson, Hawley, Ingersoll, McCain, Norvell, Osteen, Pantuso, Scotto, or Sinnott, then you recognize just a few of the local families whose trust was placed in Mrs. Uhl, as their children began their educations. A good number of local families have counted Mrs. Uhl as the teacher of several generations of their families. More than 3,500 little ones have started their school years with Betty Uhl’s direction.

The community is invited to the June 10th celebration. Bring a favorite “Mrs. Uhl story” or memory. Share an old photo. Come and be part of the festivities. If you were privileged to be a student, a parent, a grandparent or friend, this is your opportunity to say thanks for the memories. You may call the church office at 464-0440 for information about the pre-school and the celebration on Sunday, June 10th.

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Empty Bowls – A Special Event for the Farmers’ Market

by Linda Hudson, Downtown Farmers’ Market Board Member

For five years, the Empty Bowls Project has been a special day at the Downtown Farmers’ Market of Fort Pierce for students, teachers, and patrons. Started by a Michigan teacher, it has been so successful in Fort Pierce because of dedicated teachers like Martha Cross, Alison DiVan and Eileen DiTullio. On March 31, 2012, six schools participated, including Lincoln Park Academy, St. Lucie West Centennial, Frances K. Sweet, St. Lucie Elementary, John Carroll High School, and Fort Pierce Central Culinary Arts. The Original Tiki Restaurant provided crab and corn chowder.

“All my pottery students make a bowl, something they learn anyway. The student learns that making and decorating the bowl can have an impact in the community,” says Eileen DiTullio, a Lincoln Park Academy art instructor. “The culinary arts students make the soup and serve it. The students also designed the original logo and developed the materials for advertising, including a webpage. Empty Bowls involves students of all ages and abilities and combines different subject areas to accomplish a common goal. All proceeds go to the Treasure Coast Food Bank.”

“The Farmers Market is a perfect venue for Empty Bowls,” according to Eileen. “There are people who come to buy bowls who tell us they’ve never been to the market before and will definitely come back. People who bought a bowl the first year now look for us each year to add a bowl to their collection. We have the beautiful backdrop of the Indian River and a wonderful location by the music, with lots of room to spread out. What more could you ask for?”

“Our students take ownership in this project, from start to finish. Students who have graduated come back and make or sell bowls, because it has been so meaningful to them. We appreciate the generosity, support, and enthusiasm that this project generates. We fight hunger, one bowl at a time.”

The Downtown Farmers’ Market of Fort Pierce is a year-round Saturday morning tradition, 8 a.m. to noon, at the waterfront between the Marina and the Library. For more information, contact the Market Manager at 772-940-1145 or visit the website at http://ftpiercefarmersmarket.com/ or on Facebook.
In the Heat of the Summer Fishing

by Dan Dannahower

The heat of summer will soon be upon us. As we move toward July and August we prepare for the hottest months in south Florida and with the heat come some subtle changes in the fishing scene. There are always fish to be caught in Fort Pierce’s numerous water venues, but you may need to adjust a bit in order to be successful.

In the Indian River Lagoon the heat of midday may slow the action as game fish lay in the shade of mangroves or deep holes. Early morning, late evening, or even night fishing may produce better results. Deeper holes, channels, and structures with shade, like docks or overhanging shrubbery, may produce results if you must fish during the heat of the day. The lagoon and inlet always have a lot of feeding activity going on at night. It’s usually cool — no sunburn to contend with and most of the species you hope to catch are probably out looking for a meal. If you elect to boat at night be sure you have plenty of lights and know the area you’re going to fish. It’s much easier to run aground or hit a channel marker at night.

Offshore fishing also changes in the summer months. The general thinking is that trolling for game fish like kingfish, dolphin, cobia, etc., slows down quite a bit and bottom fishing is the only way to get any action. While that’s probably true to some extent you never know what our dynamic ocean and the gulfstream will do. For example, as of this writing, kingfish continue to be abundant offshore with many boats bringing home a limit if desired. Dolphin fishing has been good although not a lot of large ones have been reported.

If you’re going to fish either the lagoon or offshore on your own, our local tackle and bait shops continue to be your best bet for information on what’s happening on the water. They get reports on a daily basis of what’s biting and where. They can also help you with the correct rigs for your type of fishing and with baits and how to fish them.

One other option, not just for summer but any time of year, is a trip with one of our local charter captains. These extremely knowledgeable gents provide everything except your food, and work hard to provide you with a great day of fishing. Both river guides and offshore boats can be found at your local marinas, through your tackle shop, or in the phone book. A trip with one of these professionals can be the excursion of a lifetime. Both river guides and offshore boats can be found at your local marinas, through your tackle shop, or in the phone book. A trip with one of these professionals can be the excursion of a lifetime.

Try one on to have a great day of fishing — and don’t forget the camera.

Hope you get to catch a big one this summer. Good luck and good fishing.

Recipe Corner

by Sue Dannahower

“Battle of the Cupcakes” Winners

Our 2012 Annual Meeting was a sweet success. The winner, Gene Sereg, took the top spot in “Battle of the Cupcakes” with his delicious Strawberry Cupcakes. I took second with my Pineapple Upside Down Cupcakes.

Strawberry Cupcakes

1 box strawberry cake mix
1 cup fresh strawberries, chopped
1 can strawberry frosting
2 Hershey chocolate bars, melted
4 ounces whip cream
1 jar maraschino cherries
Decorative papers

Preheat oven to 350 degrees. Follow the cake mix directions, adding chopped strawberries. Pour into paper lined cupcake pan. Bake as directed on the box and cool.

Cover each cupcake with strawberry frosting, then a teaspoon of melted chocolate. Swirl whip cream on top and accent with a cherry.

Pineapple Upside Down Cupcakes

1 box Yellow cake mix
1 5 ounce box vanilla pudding mix
Oil and Eggs called for on box
Pineapple juice (from the can of pineapple tidbits) in place of water called for on box.
1 stick of melted butter
1½ cups of light brown sugar
1 jar Marsaschino Cherries
1 can of pineapple tidbits

Mix the cake as directed on box adding vanilla pudding dry mix; substitute the pineapple juice from the canned pineapples in place of water.

Melt the butter. Place one teaspoon of melted butter in the bottom of each cup of the pan.

Mix the cake as directed on box, add one cup of brown sugar on top of the melted butter. Place one cherry in the center and sprinkle with pineapple tidbits. Add cake mix on top of the pineapple. Bake for 18-20 minutes or until cupcakes are cooked. Cool. Remove cupcakes from the paper before serving.
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