Main Street Fort Pierce Annual Celebration

See story on page 5
Celebrate Special Events and Holidays Downtown Fort Pierce

by Beth Williams

One of the things I love most about being involved with Main Street Fort Pierce is the opportunity to meet so many wonderful and talented people in our community. Sitting on the planning committee for last month’s annual Plein Air – Paint Out with Holly Thuens, director of Art Mundo, I had an idea for a birthday present for my mother’s 80th birthday. My brother, sister and their spouses were coming to Fort Pierce for a surprise party for Mom and I wanted her to have a memorable experience for that major life milestone. Hearing Holly talk about the many classes at Art Mundo led by local artists inspired me to ask if a private lesson was possible.

Holly put me in touch with Anita Prentice, Fort Pierce’s well-known expert in mosaics, and we quickly set up a lesson for mom, my sister and sister-in-law, and me. My mother loves all types of crafts and having the opportunity to learn how to do mosaics from such a talented artist was the best birthday present she could have received. The four of us had a blast with Anita creating our own unique designs on flower pots. Not only did we spend a few hours together laughing and learning, we left with a memento to remind us of Mom’s big day.

In May, we celebrate Mother’s Day. There are so many great things available in downtown to share with our mothers on this special day – dinner, flowers, a show, a spa treatment, scented candles, jewelry, a new dress, and much more. And now, because of my experience with Main Street, Art Mundo, and Anita Prentice, I know that we have the unique opportunity to give our Moms an experience they’ll treasure forever. Call Art Mundo and ask about classes. You can make this Mother’s Day the best ever!

On behalf of all the wonderful people involved with Main Street Fort Pierce, I want to invite you to join this great organization. If you aren’t already a member, find the membership form in this edition of Focus and send it in today. Your support helps us promote our beautiful historic district and all it has to offer residents and visitors on the Treasure Coast.
Main Street Fort Pierce Enters 24th Year of Service to Downtown

by Pat Gillette

On May 23, 2011, the National Trust for Historic Preservation announced that Main Street Fort Pierce was a winner of the 2011 Great American Main Street Awards® (GAMSA). Recognized as a leader by following the Main Street Four-Point Approach®—embracing sound historic preservation ethics and building strategic partnerships, Main Street Fort Pierce was honored at the Main Street Awards Ceremony during the National Main Streets Conference in Des Moines, Iowa.

After that exciting day one year ago, Main Street Fort Pierce, Inc. is still riding the wave of this prestigious award and looking forward to the future as we start our 24th year as a Main Street Community. There are still things to accomplish in Downtown Fort Pierce and Main Street is ready to work with our elected officials, business owners, and neighbors to continue the vision we see for our downtown.

The Main Street vision is to focus on the historic and cultural heritage of our community, while bringing people and potential investors to our downtown. This is a large task and takes all of us working together to achieve this vision.

Main Street Fort Pierce invites our Main Street members and volunteers, along with our partners, friends and the general public to share our vision at our Annual Board Meeting Celebration. Main Street Fort Pierce will kick off our 24th year with the community on Wednesday, May 2, at the Platts/Backus House on 122 A.E. Backus Avenue, Fort Pierce, from 5:30 to 7:30 p.m.

“Cupcake Wars” is the theme of the night and Main Street’s Board of Directors will be displaying their culinary or buying skills. They will present a variety of cupcakes to sample, so bring your tasting skills to sample these culinary works of art. Chaney’s House of Flowers will also provide cupcake flower arrangements for decorations.

Main Street Fort Pierce is excited about what lies in our future. We invite the public to join us on May 2 as we thank all the volunteers, sponsors and friends who have made Main Street what it is today.
**Downtown Business Association Partners in the Community**

by Deb Cohen

The Downtown Business Association is proud to say that this has been a great year so far. We are very pleased that our association has been able to partner with the other organizations that care about our community and have such wonderful events that make Fort Pierce a place where everyone feels welcome. I hope that we all continue working together to make our city the best it could be.

The DBA would like to inform you about our new venture. We are working on **Treasures in the Trunk**. This was an idea that Doris Tillman, Pylee Gibbons and I discussed months ago. I was very excited about this future event; however, I began a new job so Pylee, from Treasures of Fort Pierce, and Sasie Casseen pitched in to help to get the event started. Now the DBA is going to help keep this event going and growing. We are looking for vendors to sell their treasures. All you have to do is bring your “Treasure in your Trunk” downtown. Second Street is blocked off so you can park and open your trunk to the public. Antiques and treasures are a hot commodity. If you are not interested in participating we hope you will attend and make a purchase from the collectibles that our friends bring to display. Please do not forget to attend the other events we sponsor for the summer season.

**Bike Nite** is held every Thursday night and the **Classic Car Cruise-In** is held the last Friday of each month.

We hope that you will support the DBA and really consider joining the association. The more we work together, the better our downtown will be for all. Bring more involved will give your business an opportunity to grow as a productive member of the business community.

When joining the Fort Pierce Downtown Business Association you will enjoy the following benefits:

- **Member-To-Member Benefits** — DBA members agree to give a special offer or discount to other DBA members.
- **Treasure Coast Activities and Attractions Map** — 10% discounts on the Treasure Coast map listing or Treasure Coast Xperience VIP discount card business membership.
- **A Hometown News Free Weekly Ad** — A free ad (can be any size under 10 inches) to any new or existing member of the DBA when signing up for a minimum 13-week commitment with the Hometown News. (Existing DBA members who are already advertising with the Hometown News get the benefit of remnant pricing when available.)

**A Free Annual Membership to the DBA** — A free membership to the DBA when signing up for a 10-inch ad in the Hometown News with a minimum 14-week commitment to advertise. (Existing DBA members who are already advertising with the Hometown News get the benefit of remnant pricing when available.)

Free Online Listing on the New Fort Pierce DBA Website — Your business will be featured under the business members section.

**Free Vendor or Advertising Space** — at any DBA event.

Monthly activities for business networking:

- **“After-Six” Social Hour** — DBA members on a rotating basis will host a social networking hour in which they will have an opportunity to showcase and promote their business. Drinks and munchies will be provided by the business host.

**NOTE:** Any business members do with Experiential Marketing Solutions or the Hometown News who want to participate, please contact the DBA at info@fortpiercedowntown.com. We welcome all businesses that wish to benefit from their relationship with the DBA even if your business is not located in the downtown area. We appreciate all the ideas and input our members express. A General Meeting of members is held every second Thursday of the month. Please attend a meeting as a visitor to learn more about what you can accomplish as a DBA member. Also, take the time to visit our website www.fortpiercedowntown.com. We look forward to seeing all of you around town.

**Treasure Coast Activities and Attractions Map**

- **Free Online Listing on the New Fort Pierce DBA Website**

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“Rediscovering Main Street” — National Main Street Conference

by Pat Gillette

On March 30, 2012, Main Street managers, board members and volunteers arrive in Baltimore, Maryland, for “Rediscovering Main Street” at the National Main Street Conference. The conference brings approximately 1,000 Main Street people together with one common goal, to join forces, network and share the things that are working in our Main Street communities. Conferences are a chance to share the projects, successes and failures of our communities and a chance for the host city to showcase their city. The opening plenary welcomed the participants, announced the newest winners of the Great American Main Street Award (GAMSA) and a welcoming address by Amy Cortese, author of the book “Locavesting: The Revolution in Local Investing and How to Profit From It.”

Baltimore offered many educational sessions and tours to show us how we can rediscover our own Main Street programs. It was a good time to visit with other Main Streets and re-ignite our passion for our community.

The highlight of the conference is always the Big Bash. This year’s event was held at the B&O Railroad Museum. The museum is the oldest, most comprehensive American Railroad collection in the world and a fabulous piece of history for us to enjoy.

The conference concluded at the Closing Plenary with Robyn Ryle, Associate Professor of Sociology at Hanover College. She gave us some inspiration before heading home on the importance of place in urban and community sociology.

Thank you Main Street Maryland for hosting the 2012 National Main Street Conference and for giving us a glimpse of your fantastic Main Street neighborhoods!
Thank you a million times over!” is what Jill Powers, current owner of Chaney’s House O’ Flowers, is saying to the Fort Pierce and St. Lucie County community. “Thank you for embracing the business since it opened in 1937 and making it possible for Chaney’s to be celebrating its 75th year in business.” To the best of her knowledge, there are only three businesses still in operation in St. Lucie County older than Chaney’s.

The business, which was opened in May 1937 by Mrs. Jane Chaney, has had five different owners over its 75-year history. Although moving to four different locations on 2nd Street, Chaney’s has remained an anchor in downtown Fort Pierce. Power states, “The two major concerns expressed by customers when they first met me as the new owner was the fear I would relocate the shop and change the name. I had no intention of doing either. Downtown Fort Pierce was and still is the perfect location.”
Major cosmetic changes were made to the shop when Jill purchased it in 2006. Old ceiling tiles were removed to showcase the beautiful 14-foot ceilings and pillars. An outdated flower cooler was removed and replaced with a lovely consultation area with its own faux fireplace designed and built by talented floral designer Dick Lystra. The floral design area was relocated to allow interaction between the designers and customers. A modern walk-in cooler was added and the showroom was redesigned to feature a four-tier water fountain.

Jill was able to locate a few early pictures of Chaney’s but unfortunately not as many as she hoped to share. Additional pictures from 2006 through the present can be found on their facebook page.

A celebration to commemorate their anniversary will feature a week of daily drawings for Mother’s Day arrangements, and an open house on Sunday, May 6th from 1 – 4 p.m. with live music and more. For more information concerning Chaney’s 75th Anniversary Celebration stop by the shop at 139 N. 2nd Street, contact a member of the staff at 772-461-4100 or check their facebook page for updated information.
New $56.3 Million Federal Courthouse Dedicated in Fort Pierce

by Nicole Rodriguez, Scripps Treasure Coast Newspapers

After what some government officials called a 25-year effort, the U.S. District Court, Southern District of Florida and the U.S. General Services Administration formally dedicated the new federal courthouse in Fort Pierce on Friday.

U.S. Sen. Bill Nelson called the $56.3 million, 123,400-square-foot building “a jewel for downtown Fort Pierce and the Treasure Coast.” Nelson, who spearheaded efforts to construct the courthouse, praised the nation’s criminal justice system and addressed the highly publicized shooting death of Trayvon Martin by a community watch volunteer in Sanford.

“We are not just dedicating a building, we are dedicating a concept that this is a country that abides by the rule of law,” said Nelson, who delivered the ceremony’s keynote speech.

U.S. District Judge Donald Graham (from left) and U.S. Magistrate Judge Frank Lynch Jr. stand by as former Fort Pierce Mayor William Dannenhower is assisted by U.S. Sen. Bill Nelson during the ribbon-cutting for the new federal courthouse in Fort Pierce during the end of the dedication ceremony.

Photo by Eric Hasert, Scripps Treasure Coast Newspapers.

“I decided to call the U.S. Attorney General,” Nelson said of the teen’s shooting death, which has ignited nationwide protests and put law enforcement and the criminal justice system under heavy public scrutiny. “He assures me the Department of Justice will do a thorough investigation to make sure justice is done. We need to get to the bottom of this and apply the facts of law.”

In operation for three months, the courthouse, which took three years to build, includes district and magistrate courtrooms and also houses the U.S. Marshals Service, U.S. Attorneys Office and the U.S. Probation and Pretrial Services System.

According to U.S. District Judge Donald Graham, the judges in the Southern District voted to install a permanent district judge at the Fort Pierce courthouse pending White House and Senate approval. Graham said the process could be lengthy, especially during an election year.

Graham was pleased with the courthouse’s stunning aesthetics and security.

“The key issue is security,” said Graham of the building, which boasts blast-resistant materials, concrete walkways, underground parking and a sun-filled atrium.

“We must have an effective justice system,” said Graham, who added two floors can be expanded to include additional courtrooms if needed. “It’s a beautiful, beautiful building, and it’s functional, too.”

Attendees included U.S. district judges, senior U.S. district judges and U.S. magistrate judges from the Southern District of Florida. Steven J. Levin, chief judge of the state’s Nineteenth Circuit Court, along with local government officials and representatives of other area congressmen also attended the dedication. Two dozen protesters gathered outside to object to federal health reforms on the basis of religious freedom.

Fort Pierce Mayor Bob Benton said the courthouse’s addition will help stimulate the local economy.

“I believe in the next few years a lot of business growth and redevelopment will happen,” said Benton of the traffic the building is expected to generate. “This shows the Treasure Coast is growing.”

A mural named “Cultural Law” from artist Roberto Juarez decorates the north wall (background) of the atrium as seen from the fourth floor as U.S. District Court Judge Donald Graham of Miami speaks during the dedication ceremony for the new courthouse in Fort Pierce.

Photo by Eric Hasert, Scripps Treasure Coast Newspapers.

Members of the Port St. Lucie High School Junior ROTC Color Guard walk past the crowd while retiring the colors during the dedication ceremony of the new federal courthouse in Fort Pierce.

Photo by Eric Hasert, Scripps Treasure Coast Newspapers.

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Photo by Eric Hasert, Scripps Treasure Coast Newspapers.

New $56.3 Million Federal Courthouse Dedicated in Fort Pierce

by Nicole Rodriguez, Scripps Treasure Coast Newspapers
The 2012 Iron Chef Competition Sparks Culinary Interest

by Sue Dannahower

The 2012 Iron Chef Competition was just one of the many events at the Bev Smith’s Automotive Group Taste of the Sea “Seafood” & Sandy’s Shoe Festival on March 24th. Competing for the coveted title of Top Chef were Erik Wile and Ross Robson from 12A Buoy, Christy Steinmeir and Mike Reilly of Cobb’s Landing, TJ and Jacob Anderson from Yellow Tail and 2012 Winners Ricardo Reyes and Justin Stoltz of Lawnwood Regional Medical Center (Catered by Sodexo Healthcare Services).

Anthony Westbury, a columnist for the St. Lucie News, was back again this year to host the event. Our respected judges included Terri Bartz from Seacoast National Bank, Peggy Ash from Fort Pierce Central Culinary School and Josh Rivera from Bev Smith Toyota.

Chefs Ricardo Reyes and Justin Stoltz, Executive Chefs for Lawnwood Regional Medical Center, secured the coveted title of Top Chef by successfully developing the secret ingredients (flounder and grapefruit) into culinary delights.

During competition the chefs prepared two dishes: Seared Blackened Flounder served with Caribbean Ratatouille drizzle with Grapefruit Glaze and Plantain Crusted Flounder served with Grapefruit Sauté Vegetable over Cilantro-Garlic Beer Orzo Pasta. Both dishes received top marks from our judges.

Chef Ricardo Reyes is originally from Puerto Rico. He moved to Florida in 1997. Since Ricardo can remember food has been his passion. His chef experience includes Ramada Hotels, Westin Rio Mar Beach Resort and Hermes Creative Cuisine. Ricardo earned his bachelor’s degree from Johnson & Wales University in 2000. At the age of 24, he was promoted to Executive chef at the Sheraton Suites Plantation. Here he began his healthcare career with Sodexo in 2002 having worked as Executive chef for Preserve at Palm Aire, Aventura hospital and Lawnwood Regional Medical Center.

Chef Justin Stoltz moved to Florida from New York 22 years ago. He started cooking at the age of 16 at Bob Evans Restaurant. In addition to Bob Evans Justin has worked at Ruby Tuesdays, Outback Steakhouse and a several independent catering companies. Justin has always had a talent for cooking and enjoys it very much. In 2010 he came to Lawnwood Regional Medical Center.

Lawnwood Cafe at Lawnwood Regional Medical Center is located at the main entrance of the Hospital. Lawnwood Regional Medical Center Nutrition Service is operated by renowned company Sodexo Healthcare Services. The excellent food services are just one of the ways Lawnwood works to make every day a better day for the people they serve. Lawnwood works to meet the ethnic, cultural, and nutritional needs of their people to ensure their health and happiness.

The 2012 Iron Chef Competition was sponsored by Bev Smith Toyota, Seacoast National Bank, Pelican Seafood Company and Nelson’s Family Farms.

Holy Mackerel (or in this case, Flounder)!
The 2012 Iron Chef Competition Sparks Culinary Interest

WINNER: Lawnwood Regional Medical Center, Justin Stoltz, Ricardo Reyes, and Anthony Westbury.

Seared Blackened Flounder served with Caribbean Ratatouille drizzled with Grapefruit Glaze

Ratatouille
1 whole Sweet Potato, peel and cut in large dice
1 Eggplant, cut large dice
1 large Red Onion, cut large dice
1 Zucchini Squash, cut large dice
1 Yellow Squash, cut large dice
2 cloves of Garlic, finely chopped
8 ounces of White Wine
4 teaspoons Olive Oil
Salt & Pepper to taste

Directions: Cook sweet potato into is tender and the water evaporate then add the oil and the rest of the ingredients. Add Salt and Pepper to taste. Serves 4.

Flounder
4–5 oz. portion of fresh Flounder
1 cup of All-Purpose Flour
3 teaspoons Cajun seasoning blend
1 cup of White Wine
1 Grapefruit cut into segment or wedges
3 teaspoons of Sugar

Directions: Mix seasoning with the flour and then toss the fish until is complete cover. Cook the flounder until it is brown on both sides. Remove the fish from the pan and add wine and the grapefruit. Add the sugar and reduce until thick.

Plantain Crusted Flounder served with Grapefruit Vegetable Sauté over Cilantro-Garlic Beer Orzo Pasta

Sautéed Vegetables
1 Eggplant, julienne
1 large Red Onion, julienne
1 Zucchini Squash, julienne
1 Yellow Squash, julienne
1 Grapefruit segments or wedges
2 cloves of Garlic, finely chopped
8 ounces of White Wine
4 teaspoons Olive Oil
Salt & Pepper to taste

Directions: Sauté all the vegetable with the oil, garlic and the grapefruit until it is tender. Serves 4.

Flounder
4–7 ounce portions of Flounder
3 teaspoons Cilantro, finely chopped
3 teaspoons White Wine
3 teaspoons White Vinegar
1 cup White Wine
1 cup finely chopped Plantain Chips

Directions: Cut the flounder into portions and marinade with the garlic, cilantro, olive oil, vinegar, salt and pepper. Add plantain crout to the flounder and cook it until is brown on both sides.

Orzo Pasta
2 cups Orzo Pasta
2 teaspoons Cilantro, chopped fine
3 teaspoons Olive Oil
½ cup Parmesan Cheese
1 cup Lager Beer
Salt & Pepper

Directions: Cook the orzo pasta with water and the beer until it is tender. Then add the rest of the ingredients.
Bev Smith Automotive Group’s
“Taste of the Sea” Seafood & Sandy Shoes Festivals

by Pami Gillette

The weather was perfect on March 24th as Bev Smith’s Automotive Group sponsored Main Street Fort Pierce’s Sandy Shoes Festival and Above Average Entertainment’s Taste of the Sea Seafood Festival. The three groups came together to combine the two festivals and to bring the community a day of competitions, new cars, music and great seafood.

Here are the winners of the festival competitions:

IRON CHEF COMPETITION
Sponsored by Seacoast National Bank
This year’s secret ingredients were flounder and grapefruit.
First Place: Lawnwood Regional Medical Center
Second Place: 12 A Buoy
Third Place: Cobb’s Landing/The Original Tiki

Bev Smith’s Automotive Group was the Title Sponsor of the event. Toyota, Kia and Scion were showcased at the festival, as well as their newest line of vehicles. Bev Smith’s generous support of this festival was greatly appreciated.

Without businesses like Bev Smith’s, Main Street Fort Pierce and Above Average entertainment would not be able to organize free community events such as the Sandy Shoes/Taste of the Sea Seafood Festival.

Along with Bev Smith’s Automotive Group, Main Street is thankful to have the following wonderful yearly sponsors: Budweiser, Clear Channel Media and Entertainments WAV 92.7 and OLDIES 103.7, Cobb’s Landing / The Original Tiki Bar / Bluewater Beach Grill, Goldstein, Schmitt, & Wade, PL, Seacoast National Bank, Lawnwood Regional Medical Center / St. Lucie Medical Center, St. Lucie News Tribune, and Waste Management.


For more information, visit www.wix.com/tasteofthesea2012/seafood-festival.

GRAPeFRUIT SQUEEZE OFF
Sponsored by Waste Management
Winning Team: Team FPUA (Estela Holman, Kyle Holman and Gary Gillette). Fourth year in a row!

CHOWDER CUP
Sponsored by Cobb’s Landing
First Place: The Original Tiki
Second Place: Bev Smith’s Automotive Group
Third Place: The Tin Fish

L’I MR. & MS. PAGEANT
Alex and Hanna Golden

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For more information, visit www.wix.com/tasteofthesea2012/seafood-festival.

SANDY SHOeS/TAST e OF THe Se A SeAFOOD FESTiVAL 2012 SPONSORS:

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For more information, visit www.wix.com/tasteofthesea2012/seafood-festival.

Sandy Shoes attendees dancing to the sounds of South Florida reggae band Rustic Drop performing on the Main Stage sponsored by Budweiser.

Photo by John Culverhouse.
The Exchange Club of Indian River Foundation, Inc. will host the 36th Annual Exchange Club Blue Water Open Charity Fishing Dolphin Mania Tournament on Saturday, May 19, with checkout at 6:30 a.m. (weather date Sunday, May 20). The event will be held at Fort Pierce City Marina, 1 Avenue A in Fort Pierce.

Registration for the Blue Water Open will be on Friday, May 18 at 6:00 p.m. near the Marina’s Tiki Bar Restaurant. A mandatory Captains’ Meeting begins at 7:00 p.m. The angler who catches the biggest dolphin in this year’s dolphin-only Blue Water Open will win the top prize of $5,000. The second place winner will receive $2,000, the third place gets $1,000, and the anglers who catch the next five largest weighed fish will each earn a $400 “Bounty Booty” winner’s prize. Payout is based upon a minimum of sixty (60) entries in the tournament. Prizes will also be awarded to the Junior Angler (age 14 or less), the Lady Angler, and others.

The entry fee per boat is $250. The early entry fee is $200 if postmarked by May 10. The fee to enter the optional “Mahi Moolah” contest is $100. All proceeds from the Exchange Club Blue Water Open Dolphin Mania Charity Fishing Tournament benefit the foundation’s local youth-related projects for the prevention of child abuse.

For more information, please contact John Binkley at 772-532-9375 or visit the website at www.bluewateropen.org.

Brenda Eaves — Main Street Fort Pierce Hero
by Pam Gillette

Brenda Eaves is a special lady and friend to Main Street Fort Pierce. Brenda came on the Main Street Board in 2005 and has been a tireless volunteer to our organization. On May 2, 2012 Brenda will be resigning from the Main Street Board of Directors. Brenda feels that it is time for someone else to share some new experiences and ideas on the Board. But she was quick to say that she is not giving up her volunteering, for that is a very important part of her life.

Brenda’s interest in Main Street started when she volunteered at the Fort Pierce Centennial celebration. She knew that Main Street Fort Pierce was involved in some unique projects, like the Sunrise Theatre, and she wanted to be part of the progress and things going on downtown. During her seven years on the Board Brenda has assisted at the Reverse Raffle, sold t-shirts at Friday Fest, and helped with our many fundraisers. Over the last 5 years she has been the art check-in person at Souvenirs of Downtown – Plein Air Paint Out. But, Brenda’s love for shopping made her signature event for Main Street — the Trunk Shows. She loved working with the local merchants to bring them together to sell their products in a festive environment as well as shopping for unique gifts.

Two years ago, Brenda and husband of 35 years, Jim Eaves, started a coffee business: Treasure Coast Coffee Traders. After some inspiration from fellow Board member Sue Dannahower, they called the Farmer’s Market and they have been there since. Today they have a thriving coffee business featuring their own roasted coffee beans, with an online store coming soon.
Art Mundo had the honor of hosting the St. Lucie County High School Art Exhibit for the 2nd time this year. Each year the show gets bigger and better. This year, thirteen art teachers from eight high schools submitted their best student work for a total of 119 pieces of art by 110 students. A variety of mediums were presented — photography, Adobe Illustrator, spray paint, clay, ceramic, earthenware, chalk, panels, pen, pencil, watercolor, and mixed media. Subject matter included self portraits; turtles, frogs and a marlin; 5 monks, a rabbit, an octopus; Marilyn Monroe and Johnny Depp.

The show opening was held on Wednesday, April 11th and this year’s host school, St. Lucie West Centennial High School, under the supervision of art teachers Alison Divan and Steve Naumann, produced an incredible hors d’oeuvres buffet and invited their school’s Jazz Band to provide musical entertainment. Art Mundo was packed full of students, teachers, parents and county education personnel. Two teachers created Dale Chihuly-inspired lamps from recycled bottles and raffled them off to support the student’s efforts. A People’s Choice award went to the student whose piece of work received the most votes during the month the show was up — check Art Mundo’s website at www.artmundo.org to find out who won.

Please visit Art Mundo at 111 Orange Ave, in Historic Downtown Fort Pierce. We are open Monday to Friday from 1 p.m. – 5 p.m., and on Saturday from 10 a.m. – 1 p.m. Entry is always free and the shows change every month. Information on classes and opportunities to put your work in Art Mundo’s show is available on our website www.artmundo.org. If you need more information, the telephone number is 772-766-0021.
Circuit Training
by Angel Lugo, Manager/Personal Trainer

Circuit training is an efficient and challenging form of conditioning. It works well for developing strength, endurance (both aerobic and anaerobic), flexibility and coordination.

Its versatility has made it popular with the general public and elite athletes. For sports men and women, it can be used during the closed season and early pre-season to help develop a solid base of fitness and prepare the body for more stressful subsequent training.

A well-designed circuit can help to correct the imbalances that occur in any sport played to a high level. It can also be one of the best types of training for improving strength and endurance for a sport or a classic endurance event like the triathlon.

Circuit training is superb for general fitness and caters to a wide variety of fitness levels. A great time saver, it can be a refreshing and fun change from your current types of exercise.

Circuit training itself is not a form of exercise per se, but it is the way an exercise session is structured. Routines can be developed for improving strength, endurance, weight loss, fat loss, cardiovascular or a combination of all of these fitness components.

Circuit training typically consists of about five to ten exercise stations completed for 60 seconds in sequence with 30- to 60-second rests between. If you are new to exercise, start slow, with longer breaks. You can perform bodyweight exercises, dumbbell, machines, or mix and match.

Stop by Anytime Fitness of Fort Pierce and get started with your circuit today. Dream it, believe it, achieve it!

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

Time to do Springtime Cleansing
by Joanne Augusto, Owner Nutrition World, Downtown Fort Pierce

Every morning we brush our teeth, take a shower and make ourselves look as good as possible on the outside. We change our AC filters and oil filters so our expensive machines do not break. But what about our bodies? They do the best they can every second of the day but sometimes due to what we eat and drink, put on our skin, our environment and stress, we need to give our body some help.

There are so many ways to help your body perform at your best. Most of us do cleansing with hopes of losing weight which should be the least important reason. Yes, of course weight loss is a wonderful side effect of cleansing but here are the real reasons to do it: increase energy levels; improve digestion and elimination; eliminate excess toxins; decrease inflammation; and improve or eliminate skin conditions (your skin is your largest organ and impurities must come out one way or another). Through the years, I have heard many more reasons and every person can benefit no matter their situation.

So you might be asking if you have to fast or live in the bathroom. Of course not. Some people do but I have always believed in a sensible way to cleanse. When customers come into Nutrition World I adapt the perfect cleanse for them but I start everyone out with the same rules:

• Week one — eliminate all white foods (sugar, flour, dairy, soy, etc.);
• Week two — only drink good quality water (half your body weight in ounces, you may put lemon or lime in each glass);
• Week three — Begin taking a cleansing product. Choose one that is 9 – 14 days long (my favorite is Cleanse for Life);
• Week four — Eliminate all foods except fruit, veggies, nuts and seeds. Eat steamed or raw dark green veggies.

At the end of the month you have officially cleaned out your body. Please try to do this regiment four times a year for the best results.

Nutrition World is located at 200 North Second Street in Fort Pierce; (772)464-3598; www.joanneaugusto@mybeyondorganic.com.
Missoula Children’s Theatre & Sunrise Theatre Foundation Camp
Summer 2012

Missoula Children’s Theatre’s mission is to develop the life skills in children through participation in the performing arts.

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For Registration or More Info
(772) 461-4775  SunriseTheatre.com
**Tropical Jerk from Farmer’s Market to Restaurant**

by Linda Hudson, Downtown Farmers’ Market of Fort Pierce

What started as a taste of tropical jerk foods at the Downtown Farmers Market Fort Pierce, has expanded to become Tropical Jerk Restaurant, located at 722 S. U.S. 1 in Ft. Pierce. The owners, Michael and Mark Anderson wanted to bring something new to Ft. Pierce. They began their business at the Farmer’s Market with their own custom-made jerk seasoning. As their customer base grew it was inevitable that Tropical Jerk Restaurant was inevitable.

Tropical Jerk Restaurant is a cozy, sit-down restaurant offering great service and an extended menu. You can still enjoy their signature dishes, chicken on a stick and jerk ribs, along with oxtail, curried dishes, and seafood dishes. The tropical décor complements the warm and friendly service. Murals of sandy beaches and a tiki-style bar serving beer and wine are just a few of the restaurant’s special features. Enjoy live music every Friday and Saturday evening. There is also a room equipped with Wi-Fi, for private business functions or family gatherings. At the Farmers Market, Tropical Jerk continues to serve chicken on a stick, pulled pork, ribs and their newest fare, “omelets your way.” Just look for the colorful Jamaican shirts and you’ll know you’re at the right place. For more information, find them on Facebook or call Tropical Jerk Restaurant at 772-466-5117.

One Yoga Planet Celebrates its 7th Year in Downtown Fort Pierce

Like the universe, One Yoga Planet is expanding! The owners are so grateful to be part of the Fort Pierce cultural community which is full of diversity and small businesses. Sisters Yvonne Pereira Dudley and Margarida Tree continue to collaborate to bring a creative venue to the downtown area that celebrates tradition, culture, and spirit. They continue to offer Yoga classes for all levels of students: Yoga Teacher Trainings, Classic & Tribal Style Belly Dancing, Capoeira (Brazilian MartialArts), Music Together w/ Children, and more. One Yoga Planet is having an open house to showcase the many teachers and classes they offer on May 12th from 1 – 4 p.m. This is a free event open to the community. Please join One Yoga Planet during this event for performances, music and fun. One Yoga Planet is located on 116 Avenue A, unit B in downtown Fort Pierce. For more information please visit www.oneyogaplanet.com.

**Health Tip:** Simple guided meditation technique for happiness! Sometimes in our communities and our lives we can get caught up in the demands and responsibilities of our lives, leaving little room to explore ourselves. In the Yoga tradition there is a simple meditation technique for creating happiness. Begin by sitting comfortably, lengthening your spine upwards and following the breath with your mind. Continue lifting through your core and the front of your chest while softening your neck and shoulders. Guide your mind’s perspective to four areas of your life; wealth, purpose, pleasure and freedom. Imagine a life where you bring attention to each of these areas in your life evenly. Continue to bring your mind to cultivate the feeling of what it would be like after a few days, a few weeks of living evenly in these four areas. This simple meditation technique awakens a sense of inner peace and gratitude within us.
Perfect Spring Weather for Excellent Spring Fishing

by Dan Dannahower

We’ve finally gotten away from the windy days of March and into some of the nicest weather of the year. The second half of April, along with May and June tend to bring us some of the best days of the year for doing anything outdoors. Sunny days, light winds and comfortable temperatures prevail along with calm boating waters both offshore and in.

Kingfish and dolphin, along with a few cobia and wahoo should be available offshore. Trolling with either live baits or frozen ballyhoo is the most common method of pursuing these large blue water species. Our local bait and tackle shops can help with advice on what gear to use and how to rig it.

Bottom fishing offshore varies depending on a number of factors. Check our local tackle shops for what’s hot, what’s not and what’s in season.

In the Indian River Lagoon fishing for trout, redfish and snook has been very good and should continue. Our local snook habitat is so well revered that a recent large article in Florida Sportsman Magazine (March 2012) highlighted Fort Pierce as a top snook area. Congrats to local snook expert Tom Lewis who makes jigs known as Flare Hawks that are available in local tackle shops. Sheepshead, drum and snappers can be had year round by bottom fishing rocky ledges and around pilings or other structure. Expect your fair share of catfish as any local bottom fisherman will attest! Again your local tackle shops can help with live or frozen baits and artificial lures that are appropriate for the type of fish you’d like to catch.

For the non boaters there are numerous bridge piers, public shorelines and jetties which can provide access for a few hours or a day of fishing. We have a number of professional charter captains who can put you on the fish all the way from the deep of the gulfstream to the shallowest flats of the lagoon. It’s a great way to bring home some dinner and learn some new tricks to improve your fishing skills. Party boats are also available for those who enjoy bottom fishing offshore at very reasonable rates. Inquire at our local marinas or tackle shops.

Some of the nicest weather of the year is upon us for the next few months. I hope you get a chance to pick a beautiful day and “wet a line!” Good luck and good fishing.

Chili Rellenos Casserole

I love this recipe and so will you! I’ve been making it for over 25 years. Good vegetarian option.

**Chilies**
- 1 large can whole chilies, drained
- 2 pounds Monterey jack cheese
- 5 Eggs
- 1¼ cup milk
- ¼ cup flour
- ½ teaspoon salt
- Dash of pepper
- 4 cups cheddar cheese, grated

**Sauce**
- 1 clove garlic, crushed
- 1 cup chicken broth
- ½ Stick butter
- 1 onion, chopped
- 1 teaspoon oregano
- 1 small can tomato puree
- Salt and Pepper to taste

Cut Monterey Jack cheese into long strips (same number of strips as you have chilies). Stuff chilies with cheese strips. Lay stuffed chilies in a long baking pan. Combine eggs, milk, flour, salt, and pepper. Beat till smooth. Pour over chilies. Bake uncovered for 30 minutes at 350°.

Meanwhile, combine garlic and onions in sauce pan and saute with butter until tender. Add chicken broth, oregano, salt, pepper, and puree to the vegetables. Simmer for 20 minutes.

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