REFLECTIONS OF THE FUTURE
The holidays are upon us and there is a cool chill in the air. This is my favorite time of the year. In November we have our annual “Reflections of the Future,” an art exhibition featuring local artists working in a variety of media. Join us on Thursday, November 13th, for fabulous art, good music and great food. Visit us at MainStreetFortPierce.org to see this and other upcoming events.

When I moved back to Fort Pierce in 2004, I started as a volunteer at Main Street—pouring beer at Friday Fest, helping with the Silent Auction at the Reverse Raffle, running the Iron Chef Competition at the Sandy Shoes Festival, and my favorite the Ghosts of Fort Pierce Past Historic Walking Tour, which has evolved into Historic Trolley Tours. I had just retired and needed to stay busy, this was my niche. If you are looking for a way to get involved with your community please come find out what we are all about. Main Street has over 30 events each year that are designed to bring people to Historic Downtown Fort Pierce. Without the valuable time our volunteers provide, this events would not be possible. We have a lot of fun. Call me today, I’ll be happy to get you involved.

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

Stroll our downtown shops, visit the Farmers Market, have lunch on the waterfront, enjoy a scoop of gelato from Uncle Carlos or try one of the Cake Lady’s delicious cupcakes. Shop and dine locally in Beautiful Historic Downtown Fort Pierce!
Save the Date: 26th Annual Christmas Festival and Parade “Sounds of Christmas”

Music will be playing throughout the day as The City of Fort Pierce, Main Street Fort Pierce and the Fort Pierce Sunrise Kiwanis kick off the 26th Annual Sights & Sounds on Second Festival and Parade in Historic Downtown Fort Pierce on Sunday, December 7. This year’s theme is “Sounds of Christmas” and all entries in the parade will have a musical element to their entry.

Prior to the festival, Common Ground Vineyard Church will hold an outdoor Sunday Service at 10:30 a.m. at the intersection of Orange Avenue and Second Street. The festival begins at 1:00 p.m. with a wide variety of holiday music from community and dance groups, the arrival of Santa Claus at 1:30 p.m., food, arts and crafts, and the much-anticipated Christmas parade.

The Sights & Sounds Parade, sponsored by the Fort Pierce Sunrise Kiwanis, begins at 4:30 p.m. The parade starts at Tickle Tummy Hill on Second Street. It will travel south to Orange Avenue; turn east on Orange and north on Indian River Drive, concluding at the River Walk Center. This year’s Grand Marshall is the Fort Pierce Sunrise Kiwanis Club.

For more information or parade applications please call Main Street Fort Pierce at 772-466-3880 or visit our website at www.mainstreetfortpierce.org. Additional details on the festival and parade will be featured in the December Main Street Focus.

Free parking will be available at these locations:
- City Parking Garage (Orange Avenue & Depot Drive)
- County Parking (2nd Street & Boston Avenue)
- Parking Lot (South Indian River Drive between Orange Avenue & Avenue A)
- Parking Lot (North Indian River Drive between AE Backus Avenue & Avenue D).

Historic Downtown Fort Pierce Trolley Tours

Each year nearly 600 folks attend Main Street Fort Pierce’s annual Ghosts of Fort Pierce Past – Historic Walking Tour. There are numerous calls before and after the event inquiring why downtown Fort Pierce tours are not offered more often. Our answer is that this is a special Halloween event and we want to keep it unique.

I thought why couldn’t we offer something similar on a regular basis? I’m sure most folks have taken a trolley tour while on vacation. Why couldn’t we do something like that in Fort Pierce? So, in December, 2013, we organized the first Historic Downtown Fort Pierce Trolley Tour. It’s exciting for Main Street and myself to be able to offer tours on a regular basis. Thanks to Mayor Linda Hudson and the City Commissioners, downtown Fort Pierce trolley tours will be offered every year.
Like It or Not Santa Clause Is Coming To Town
by Kathleen Frederick

As you read this, Halloween will have just passed and Thanksgiving will be fast upon us — followed by the infamous Black Friday shopping frenzy. Oh goodiy! I know some people just love fighting the crowds for that super deal. As for me, I’d rather have a colonoscopy than go to the mall or the big-box stores on Black Friday. There is no deal worth dealing with that craziness. The thought of standing in line for the privilege of spending money eludes me.

I’m more of a boutique shopper, always seeking that one-of-a-kind item for that one-of-a-kind someone on my list. If you are like me and abhor the crush, then you will want to stroll over to A.E. Backus Museum on the day after Thanksgiving to take a look at the fabulous selection of truly unique artwork, wreaths and gift items that are part of our Holiday Art Extravaganza.

Hang It Up, Wreath Extravaganza. It will make a wonderful out-out for the out-of-town relatives who are starting to get on your nerves.

We create the Museum’s holiday exhibit with gift giving in mind. The artwork of the ten artists selected runs in a gamut from traditional landscapes to steampunk inspired ceramics are practical and offer a Zen-like quality. The museum will be unveiling its newest Limited Edition Christmas ornament featuring the St. Lucie River — the way it used to look. We only produce 200 of these ornaments each year so do not wait until we are sold out to come by for yours. Priced at $13, they come in a lovely gift box tied with a ribbon. What a great hostess gift, stocking stuffer or a teacher’s gift.

To encourage you to do your Christmas shopping at the Backus we are holding a two-day open house sale. During the Extravaganza’s Opening Reception on Friday, December 5th from 5 – 8 p.m. and then again on Saturday the 6th from 10 a.m. to 4 p.m. everything (including the original artwork) in the Museum will be 10% off and all Museum Shop items will be 20% off for Museum members. With a purchase of $30 or more, take home a free Backus lithograph, valued at $75; only one per customer. These special prices will only be available during the sale.

New this season, as part of the Holiday Art Extravaganza, will be the Museum’s first ever Hang It Up, Wreath Extravaganza. Select from an engaging assortment of durable wreaths, created by some of the area’s most gifted artists and artisans. The wreath designers are competing for an array of prizes in a slew of categories. There is still time to pick up a wreath frame and create a wreath of your own to enter in the competition.

Featured in the Holiday Art Extravaganza are: Florida landscapes and hand-painted glass ornaments by Jackie Schindehette of Ocala, creative gourds by Marie Morrow of Vero Beach, botanically inspired ceramics by Mia Lindberg of Jensen Beach, handcrafted jewelry as wearable art by Suzanne Ritter of Port St. Lucie, photography of wildlife on the award-winning Adams Ranch by Alto “Bud” Adams and Rob Adams of Fort Pierce, pastel landscapes and portraits by Rebecca Eagan of Winter Park, Steampunk assemblage by Janet Fuller of Fort Pierce, magnificent patina paintings by Nathan Bennett of Utah, vibrant photographs of Florida’s vistas by Paul Marcellini of Miami, and so much more.

The A.E. Backus Museum of Art is located at 500 N. Indian River Drive in historic downtown Fort Pierce. For more information call us at 772-465-0630, e-mail info@backusmuseum.com or visit our website, www.backusmuseum.com. Regular hours are Wednesday to Saturday from 10 a.m. to 4 p.m.; Sunday, noon to 4 p.m.; closed on Monday and Tuesday. Admission is $5 per person. Museum members, active duty military, children 12 and under, students with a valid school I.D. are free. The Museum offers a $2 discount on admission for senior citizens, AARP, AAA and veterans with proper I.D. The first Sunday of each month is family day and admission is free to all.
6th Annual “Reflections of the Future” Art Exhibit

Main Street Fort Pierce would like to welcome the public to the 6th Annual “Reflections of the Future” Art Exhibit. Initially created by Anita Prentice, the exhibit was designed to introduce artists who had formerly received little exposure combined with Anita Prentice who is well known and already a draw in the community. This inclusive philosophy, Anita feels, is the same that Bean Backus had when he occupied the Platt/Backus House. It was not uncommon to find poets, musicians and artists of all types hanging out at the house as well as those who enjoyed and supported these creative people. Wonderful, this philosophy is also reflected in the approach that Main Street Fort Pierce has, making the Platt/Backus House, Reflections of the Future, and Main Street a perfect fit.

This year’s exhibit features works from Anita Prentice, Jaret Fuller, Saskia Fuller, Skip Fuller and Ginny Piech Street. Anita Prentice, an accomplished and unique artist, is quite well known on the Treasure Coast as “The Bench Lady.” Working with St. Lucie County and the City of Fort Pierce, Anita has created nearly 140 mosaic benches, each a distinctive representation of the diversity of people, wildlife, landscape, and history of the area she loves. One can view these benches from North A1A to south Martin County. She has created grave markers of several highwaymen and portraits of the writer Zora Neale Hurston, Historic Immokolee Estate, The Fort Pierce Intermodal, The Fort St. Lucie Botanical Gardens and many public places have been her “canvases” for mosaic. Anita is looking forward to the new benches that will be located at The Veterans Park in Fort Pierce, celebrating the writer and won first place in sculpture at Bradenton’s Village Of The Arts Holiday Show. She is co-founder and former board member of Art Mundo, A Center for Creative Expression in Fort Pierce, FL, where she has a studio, Fish Hook Press. Ginny currently reside in Vero Beach.

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Anita believes giving back to her community, her time and her artwork. This is the foundation of her core beliefs, serving as chair on the SLC Cultural Council, AIPP, The Backus Gallery, Main Street, and Art Mundo. When people need help it is her honor to do just that. “We are all in this together,” is a motto that fits her well.

Anita Prentice’s recent works are a furniture series inspired by vintage rugs, cow skulls, manikin bodies and so much more. This upcoming show is inspired from scuba diving and Anita’s decade on the sea. These new vessels remind one of the huge sponges in deep water. The tables are made of reclaimed wood from a boathouse. Multi-colored fish and miniature palm trees round out Anita’s love for nature and the water that surrounds us. Like Diego, Pablo and Salado, Anita fully intends to paint the town. Anita Prentice can be contacted at 772-465-3170, anita1056@aol.com, or visit her website at www.anitaprenticeart.com.

Ginny Piech Street: “I love collage because it’s rich in process and full of the unpredictable.” Ginny grew up in Indiana and earned a BFA in studio art with an emphasis in printmaking at Murray State University in Kentucky.

From there she lived in the South Carolina Low Country and tropical, festive Key West. Each of these places has influenced her art perspective.

Among her accomplishments are three large-scale pub lic art installations, two of which are owned by the City of Fort Pierce and St. Lucie County, FL. She has exhibited in Chelsea, NYC, Le Moyne Art Foundation in Tallahassee and won first place in sculpture at Bradenton’s Village Of The Arts Holiday Show. She is co-founder and former board member of Art Mundo, A Center for Creative Expression in Fort Pierce, FL, where she has a studio, Fish Hook Press. Ginny currently reside in Vero Beach.

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Anita feels that this philosophy is also reflected in the approach that Main Street Fort Pierce has, making the Platt/Backus House, Reflections of the Future, and Main Street a perfect fit. This year’s exhibit features works from Anita Prentice, Jaret Fuller, Saskia Fuller, Skip Fuller and Ginny Piech Street. Anita Prentice, an accomplished and unique artist, is quite well known on the Treasure Coast as “The Bench Lady.” Working with St. Lucie County and the City of Fort Pierce, Anita has created nearly 140 mosaic benches, each a distinctive representation of the diversity of people, wildlife, landscape, and history of the area she loves. One can view these benches from North A1A to south Martin County. She has created grave markers of several highwaymen and portraits of the writer Zora Neale Hurston, Historic Immokolee Estate, The Fort Pierce Intermodal, The Fort St. Lucie Botanical Gardens and many public places have been her “canvases” for mosaic. Anita is looking forward to the new benches that will be located at The Veterans Park in Fort Pierce, celebrating the men and women of the US Armed Forces. Anita believes giving back to her community, her time and her artwork. This is the foundation of her core beliefs, serving as chair on the SLC Cultural Council, AIPP, The Backus Gallery, Main Street, and Art Mundo. When people need help it is her honor to do just that. “We are all in this together,” is a motto that fits her well. Anita Prentice’s recent works are a furniture series inspired by vintage rugs, cow skulls, manikin bodies and so much more. This upcoming show is inspired from scuba diving and Anita’s decade on the sea. These new vessels remind one of the huge sponges in deep water. The tables are made of reclaimed wood from a boathouse. Multi-colored fish and miniature palm trees round out Anita’s love for nature and the water that surrounds us. Like Diego, Pablo and Salado, Anita fully intends to paint the town. Anita Prentice can be contacted at 772-465-3170, anita1056@aol.com, or visit her website at www.anitaprenticeart.com.
Frontline for Kids Enters Fifth Year in Downtown Area

by Debra Magrann

The 2014-15 school year is in full swing after hours at Frontline for Kids. Headquartered in a two-story building at Boston and 7th Street, the afterschool program serves at-risk youth in grades K – 12. The nonprofit was formed in 1999 by Jerome Gayman, a native of Liberia whose passion to improve the lives of underprivileged children has lead to many a success story.

As its Executive Director, Gayman wears many hats: mentor, counselor, bus driver, chaperone and all-around general repairman. With a master’s degree in sociology, his life revolves around the students in the program. A father of four including twins, Frontline is a family affair. His wife, Joanana oversees daily responsibilities of the kitchen, assisted by Marie Destroiers, and is the liaison to Treasure Coast Food Bank. Monthly donations supplement meals that feed between 75 and 80 students a day. The Gayman children are at home in activities with the other students that include bus pickup from school, a healthy snack, homework assistance, art class, dinner and free play.

Following the public school calendar, Frontline is a haven on early release days when field trips are scheduled. With the addition of new staff members at Frontline for Kids, a “speaker’s bureau” has begun on Fridays for teens. Topics are at far-reaching as the response to Ray Rice’s domestic violence attack to the importance of building character traits that will lead to job opportunities. Lori Clarke directs middle and high school children while Josiane Roc supervises younger children.

Music, art and technology are included in the program. Michael Sorrentino provides piano lessons three times a week. Teaching artist/freelance writer Debra Magrann joined the team in August. In the mix is Bruno Moore whose experience in TV news production aids the computer lab activities, which would not be possible without the generosity of the Bluebird Educational Foundation and Darryl Bey.

“I believe the program is a good one,” said Bey. “The children need to know the importance of art. You can calm them with music and instill a love and respect for culture.”

Of the many success stories is the recent graduation of Joselito “Tito” Simon who joined Frontline in 5th grade, attended UCF, was recruited by the Fort Pierce Police Department and graduated IRSC’s Police Service Education Division last month.

Among its many community partners, Frontline is supported by the Wynne Charitable Foundation. Joel and Deeanna Wynne visit the campus frequently, observing the enthusiasm the students have for their ‘safe place.’ Other partners include the Children’s Services Council of St. Lucie County, the Fort Pierce Police Department, IRSC, PNC Bank, St. Lucie County Sheriff’s Department, United Way, Wells Fargo and the Wynne family. Their commitments have ensured 14 years of capacity-building of Frontline’s intervention and prevention philosophy.

November marks a 5-year milestone for the 7th Street location. After establishing its presence at Lincoln Park Academy, the limitations and time constraints proved difficult. Frontline moved several times before a benefactor gifted its current building, enabling more students to benefit in a structured environment.

Frontline’s neighbors include the CPA firm of Berger, Toombs, Elam, Gaines & Frank, Fort Pierce Engineering, FPUA and the Alto Adams Federal Courthouse. “It was a collective dream of the Wynne family, the Board and myself to find more space and gain independence,” said Gayman. “We are delighted to be part of downtown success.”

For information about its services, contact Jerome Gayman, Executive Director at 772.464.0100.
Lincoln Park Main Street Honored at State Conference

The Florida State Main Street Conference was held in Stuart, Florida, on Tuesday, September 9th through Thursday, September 11th. On Wednesday, September 10th, Lincoln Park Main Street was honored at the State Dinner by winning three Secretary of State Awards:

- Outstanding Florida Main Street Local Program Supporter
  - Leon Porter

- Outstanding Florida Main Street New Construction Project
  - Intermodal Transit Facility

- Outstanding Florida Main Street Fundraising or Membership Development Effort
  - Stompin' at the Savoy

Congratulations to Lincoln Park Main Street!
Fort Pierce Sunrise Kiwanis Club
by Pam Gillette

Service is at the heart of every Kiwanis club and according to Steve Hoskins, “The Fort Pierce Sunrise Kiwanis is proud to be a hands on service organization.” One of two local Kiwanis groups, the Fort Pierce Sunrise Kiwanis was chartered in 1981 when a group of members from the Downtown Kiwanis wanted to start a breakfast club. Since then the members of the club have given over $200,000 back to servicing the needs of St. Lucie County.

Kiwanis International was founded in 1915 as a worldwide service organization. The vision of the members is to help their communities in countless ways, by giving of their time and services to make the world and their community a better place. Next year, Kiwanis will be celebrating 100 years of making a difference with over 8,400 clubs in 96 nations and over 600,000 active members.

Each Kiwanis club makes a difference in their own special way and the Fort Pierce Sunrise Kiwanis is proud of the work they do for the community. Through their fundraising efforts, the club supports many groups and organizations. Their grandest accomplishment is the St. Lucie County Fair Education Building and Exhibits, which they partnered with the Downtown Kiwanis Club.

The Fort Pierce Sunrise Kiwanis is happy to sponsor the Educational Exhibits at the fair. Each year, with the assistance of the St. Lucie County Supervisor of Elections, the club brings in a real voting booth for the public to vote for the people’s choice winners. The voting booth gives students as well as their parents a learning experience about the voting process. At the conclusion of the fair the club gives a monetary donation to the winning school exhibits. Prior to the fair, the club gives two first time hog exhibitors from FFA or 4H a $300 scholarship to assist in their raising and showing of a hog.

Kiwanis clubs focus on changing the world by serving children. Education is a big part of the Fort Pierce Sunrise Kiwanis mission to the community. The club visits Fair-lawn Elementary and FK Sweet Elementary on Dr. Suess Day, where members read to the students and the club gives a donation of books to the schools’ media center. Each year the club donates $1,000 to the IRSC Foundation and the St. Lucie County School Board Foundation to assist with educational programs. They also help WPSL with the Christmas Kids Annual Toy Drive in St. Lucie County.

The Fort Pierce Sunrise Kiwanis started its partnership with Main Street Fort Pierce in 1990 when Gene Sereg approached the organization to assist with putting up signs along the parade route. The partnership has grown over...
… continued from page 17

the past 24 years and now the Sights and Sounds Parade is fully organized and manned by club volunteers with the continued support of Gene Sereg, the parade founder. The club also supports Main Street Fort Pierce through their help at Friday Fest, the golf tournament and other projects to help bring people downtown. “The Fort Pierce Sunrise Kiwanis strive to stay and believe in Fort Pierce as we continue to see the growth and potential of our historic downtown,” says member, Roger Priest. The Club holds their breakfast meetings at Cobb’s Landing in Historic downtown Fort Pierce. Kiwanis members don’t just do service, they have fun. Members make new friends by being part of a club where they attend meetings and participate in social events. The Fort Pierce Sunrise Kiwanis club is looking to increase their membership so they can continue making an impact on the community through their programs, sponsorships and partnerships. The club recently voted to reduce the membership dues to allow more people the opportunity to join the organization and they will be hold quarterly socials to encourage new members – businesses and individuals.

If you are interested in becoming involved with the Fort Pierce Sunrise Kiwanis stop by for breakfast at Cobb’s Landing on Thursday mornings at 7:30 a.m. or visit them on their Facebook page https://www.facebook.com/FPSunriseKiwanis.

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Downtown Ft. Pierce Farmers Market – River Rock Bath & Body Products

by Matt Hurley

We use it in the morning, at night, in the shower, or the bath. Soap is one of the most widely used products, and yet, most people know very little about it. They know it helps to get them clean but where did it originate, how is it made, and more importantly, what goes into making soap?

You can be sure Priscilla knows. She taught soap making for many years. If you stop by her booth at the Downtown Fort Pierce Farmer’s Market you can feel comfortable asking her or her husband, Jim, questions about the many natural, organic and wild-harvested products they make and sell at the Market or on their website www.riverrockinc1.com. Priscilla’s background is in Chemistry and Biology; she worked in a hospital lab for many years before retiring in 2004 to run River Rock Bath & Body Products full-time. Priscilla began making soap for herself because she had sensitive skin and couldn’t use commercial products. One year she made gift baskets for her friends and included some of her soaps. A friend, whose husband was a vendor at the market, talked her into selling her lovely soaps.

In 1999, Priscilla and Jim began selling their products at the Downtown Fort Pierce Farmer’s Market. Back then there were only a few vendors located on the grass. Over the years the market has grown to be the #1 market in Florida. “We’ve made many friends, customers and other vendors. It has been a wonderful experience,” says Priscilla.

The company has evolved from making “just soaps” to include lotions, creams, body butters, solid stick lotions, shampoos and more — all natural, organic and wild-harvested. They use local organic produce, teas and honey as additives in their products; most are bought right here at the Farmers Market.

The holiday season is just around the corner. River Rock Bath & Body Products offers gift ideas like their Holiday Gift Crates. Stop by their booth, and the many wonderful vendors each on Saturday morning from 8:00 a.m. until noon, at the Downtown Fort Pierce Farmer’s Market.
In knots, and my hands trembling, I thought to myself, “Will I be able to hang with the big boys?” That was three years ago! Since then, I’ve participated in several events through the Fort Pierce Jazz and Blues Society, from playing with a student ensemble at the Saturday Morning Jazz Market, to playing for children at the Lincoln Park Community Center, and then finally at the ARC in Ft. Pierce. Now as the new Student Liaison for the Fort Pierce Jazz and Blues Society, I would like to continue these opportunities to bring Jazz music to the Treasure Coast. My dream is to introduce young people to the art and language of Jazz. People of my generation just do not understand jazz. I want to enlighten them.

Now, entering my senior year of high school I’ve played with a few local bands at various venues such as Crawdadd’ys, B-Merry Gastro Pub, Archie’s Seabreeze, Crossroads Tavern (in Jupiter), The Moorings Country Club, and Chillin’ The Most. The musicians who impacted me are the members of the Kenny Clarke quartet of the Treasure Coast. Every time I play with them at B-Merry Gastro Pub, I’m pushed beyond my limits but only to make me better. Playing with these professionals gives me the motivation to improve my musical skills and the opportunity to connect with fellow musicians.

With high school graduation quickly approaching, my goals and direction in life are aiming toward music conservatories such as Manhattan School of Music, Berklee College of Music, New School for Jazz and Contemporary Music, and The Julliard School. The next chapter of my life is going to be that of a jazz musician.

The Power of Music
by Austin Routten

“What would my life be like without music?” This is a question I often ask myself. Growing up, I tried several extracurricular activities from soccer, to football, to basketball, and finally swimming. None of them interested me. Then at nine years old, I got an electric guitar for my birthday. This began my love for making music. I took lessons for about three years, and then I entered middle school. Due to a mistake on my school schedule, I was enrolled in band in the 7th grade. You see, I never signed up for band. With my parents’ encouragement, I stuck with it and decided to play the saxophone (since they did not need a guitarist). Little did I know that decision would change my life and my future. I’ve always struggled with academics due to a learning disability, and I’ve always been apprehensive about starting conversations because of stuttering. Music is a subject where I can excel. Playing the language of music, I never struggle with stuttering.

As the years progressed, so did my love for jazz. By the end of eighth grade, my band director introduced me to James Archer, who began giving me private saxophone lessons. I’ve been taking lessons from him for three years now. This has been another life-changing experience as Mr. Archer introduced me to local professional musicians beginning with the Fort Pierce Jazz and Blues Society. I remember sitting in as a freshman in high school, with Mr. Archer by my side. With my stomach in knots, and my hands trembling, I thought to myself, “Will I be able to hang with the big boys?” That was three years ago! Since then, I’ve participated in several events through the Fort Pierce Jazz and Blues Society, from playing with a student ensemble at the Saturday Morning Jazz Market, to playing for children at the Lincoln Park Community Center, and then finally at the ARC in Ft. Pierce. Now as the new Student Liaison for the Fort Pierce Jazz and Blues Society, I would like to continue these opportunities to bring Jazz music to the Treasure Coast. My dream is to introduce young people to the art and language of Jazz. People of my generation just do not understand jazz. I want to enlighten them.

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TECH BYTES: Backups
by Michael Lewis

You should make backups of your information as often as possible to prevent data loss. External hard drives and USB thumb drives are your best bet for ease of use and store-ability. Online storage is a viable solution although it is prone to theft through hacking and or online spoofing. Backups should be kept in a safe place away from the computer when not being used to backup. This ensures in the event of fire, theft, or natural disasters that your drive is not lost with the computer.

You should never leave the backup device plugged in continuously. This puts wear and tear on the device and could cause the backup drive itself to fail prematurely. Not leaving it plugged in all the time can also prevent you from accidentally knocking it off your desk while it’s running.

We suggest Western Digital and Seagate for external drives as they usually have 3-year warranties on their drives. External drives range from $69.99 to $199.99, however, it is easier to build that dream — working artists, musicians, a theatre, a relatively unspoiled natural environment, preserved historical buildings and the start of an impressive public art collection.

Bill Russell is a dreamer, and much of his work has been inspired by his dreams. He believes that people should be exposed to art in everyday life and that it makes us better. He dreams of Fort Pierce as a vibrant active arts community and I believe many of us share that dream. Come to Art Mundo, November 12th and meet Bill Russell. See the retrospective of thirty years of his work on paper and canvas and talk to him about his dreams — of future art projects and how Fort Pierce can grow into a regional, then national, cultural destination. Oh, and ask him how the Teddy Bear Lobotomy series is coming along!

You can also see the work of Jenny Shibona and Holly Theuns which will be featured “On the Edge” and the work of this year’s Art Mundo Calendartists will be on exhibit in the Underground Main Gallery. There is a great deal to see at the November 2014 Art Mundo Art Walk.

Art Mundo is a center for creative expression located at 111 Orange Avenue in Historic Downtown Fort Pierce. The Center is open Tuesday through Friday from 1:00 p.m. to 5:00 p.m. and Saturday from 10:00 a.m. to 1:00 p.m. Please visit our website www.artmundo.org to find out about upcoming shows, calls to artists, classes and special events. Our phone number is 772-466-1010.

Forty working artists share the refurbished bank headquarters building with us. Come and see the Orange Avenue Studio artists at work and visit the Loft third floor galleries.
Raulerson Building Revival is a Labor of Love and Commitment
by Michael R. Howard

Restoring an old, two-story building that occupies a half city block is no easy task. It’s a major investment of time, resources, energy and emotion and can easily make one question the wisdom of the adage: It’s not the destination; it’s the journey that matters. For Mr. Richard and Ms. Christine Coke, it’s been a long journey and they are quite eager to reach their “destination” — the completed restoration of the unique and historic Raulerson Building on the corner of Avenue A and N. Second Street in downtown Fort Pierce.

Built in 1924, the Raulerson Building is a handsome structure in the beautiful Mediterranean style architecture common for that era. The original owner, Mr. Frank Raulerson, built the building during one of Florida’s early boom eras, fueled by the arrival of the first railroad in 1893. He wisely invested in cattle and citrus and became a wealthy rancher and civic-minded citizen serving for many years as a county commissioner and state senator.

Richard Coke, the current owner, purchased the building in 1980. He, too, served our community well having chaired the Community Redevelopment Agency for 26 years, one of the highlights of his many community activities.

The Raulerson Building has shown great resilience during almost a century of existence, much like that of its original and current owners. It survived fire that destroyed an adjacent building, hurricanes, alterations and the deteriorating effects of time and neglect. It housed an eclectic group of tenants through the years. A few of those known include: the law offices of Alto Adams, the SLC Sheriff’s Department, a J.C. Penney store, the county law library and even the court. It also provided a safe haven for its tenant families during Hurricanes Frances and Jeanne in 2004, as one of the few city structures undamaged and with power and water.

When first purchased, Richard and his daughter Christine knew immediately that they wanted to restore the building. They began several years ago by first replacing the old, multi-colored, barrel-tile roof. Structural improvements followed, with a complete overhaul of the outdated electrical and plumbing systems. With these difficult and much-needed tasks completed, they focused on the fun part of the restoration — the visible interior and exterior cosmetics.

Although “Bea,” Richard’s much beloved wife and Christine’s mother, passed away nearly 10 years ago, she too, was involved with the restoration.

“Mom insisted on the use of certain colors for the building,” stated Christine. “She picked the colors, I decided on where to use these colors and,” she added with a chuckle, “Dad got the bill.

This phase was not without its unique challenges. When Richard and Christine first focused on the exterior

Continued on page 26 …
Digestive disorders are wreaking havoc in millions of lives, from the occasional heartburn to the inability to control our bowels. If you are one of the unfortunate people that didn’t know if you were having a heart attack or acid reflux you know this is no laughing matter.

I have noticed over the last five years we have taken the gut more seriously. There are advertisements everywhere promoting how important our gut health is. I must impress upon my readers that this information you are hearing about today has been known for many years by most natural practitioners. Unfortunately many of us find it difficult to change our lifestyle to obtain good health. The first step is to take time to listen. We cannot help our doctors or ourselves if we do not take the time to listen to our bodies.

Buy a pocket size spiral note pad (no excuse not to take it everywhere!) and write down everything you are eating, drinking and feeling. Yes, feeling! Your emotions can cause most if not all of your digestive disturbances. Most importantly your bowel habits, frequency, size and color. When you journal it is important to write down what and where you feel the discomfort. For instance some digestive disorders feel better when you eat while others worsen. You and your doctor can use this information to see if you have food sensitivities, allergies or thought patterns that are triggering certain responses.

While you’re on a mission to feel better consider looking into the following: PH food chart, food-combining principles, flour free diets and adding enzymes and/or probiotics to your diet.

Please be kind and patient with your body. It didn’t take a day to create this condition so it will take time to heal. Nutrition World is located at 200 N 2nd Street in Fort Pierce.
Fishing Fort Pierce — They’re Back!

by Larry Benning

The finger mullet are back but not in schools like we are used to seeing. The North Jetty Park is holding good quantities of bait and the usual predators are there. Snook, tarpon, redfish and sharks can be seen patrolling the parameter of the bait schools.

Fishing these bait schools from the beach is the preferred tactic. Wading into the water waist deep has its dangers though. Stingrays and puppy sharks enjoy the scraps from the larger fish and big predators like spinner sharks crash through the schools of bait, so be very careful.

If artificial baits are your bait of choice there are a number of lures and jigs that can be used. My personal favorite is the Bomber Heavy Duty Long A. This is a small bill, 6” shallow diving lure. My second choice would have to be the Bomber Wind Cheater. It is very similar to the Long A but has a thicker body. Both of these lures can be found at Whites Tackle and the Fishing Center at St. Lucie.

The river is hot with snapper; any structure you find seems to be holding keepers. Bait is the trick. Live bait always works the best. Shrimp or a small bait fish with a 1/0 bait hook and a two- to three-foot fluorocarbon leader will give you a fighting chance to fool these guys and use only as much lead as you need to hold bottom.

For you inshore guys and gals there is a monthly tournament being held out of Taylor Creek Marina. Entry fee is $50 per boat. For more information contact Dustin at 321-363-2499 or stop by Taylor Creek Marina or Treasure Coast Boat Rental-Bait & Tackle.

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Nancy’s Chicken Casserole

When we moved into our new home our neighbors, Nancy & Jack Maxwell, brought us their son, Steve’s favorite chicken casserole. It was so good that I had to call her for the recipe.

3 chicken breasts
1 14 ounce can cream of chicken soup
1 8 ounce container sour cream
1 8 ounce package Pepperidge Farm stuffing mix
4 tablespoons butter, melted (or use canola oil lower fat content)

Reserve chicken broth

Pam Spray

Boil chicken breasts (reserve broth), cool and shred. Whisk together cream of chicken and sour cream. Fold in shredded chicken breast.

Melt butter in large pan, toss in stuffing mix. Add enough reserved chicken broth to make a mixture that is still crunchy but not as moist as turkey stuffing.

Spray a casserole dish with Pam. Place a layer of Pepperidge Farm stuffing mix, then a layer of chicken/soup mix, then another layer of Pepperidge Farm stuffing mix. Pour butter on top. Bake in oven at 350 degrees for 30 to 45 minutes, until bubbly. Serve 4.

Variation: Substitute leftover Thanksgiving turkey breast. For those veggie lovers, add sliced mushrooms or frozen baby peas.
Sunrise Theatre

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