Let the Fun Begin in Historic Downtown Fort Pierce!

- The Great Pumpkin Party
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- Halloween Golf Tournament
  & Beer Bash
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Support for Historic Downtown Fort Pierce is Fun!

by Beth Williams

Fall is officially here and we have a lot of fun planned for Main Street supporters and the public. Along with our monthly Friday Fest, this month we’ll host the annual Ghost Walk Tour, bringing hundreds of people downtown to be entertained and learn more about the history of our great city. And our Halloween Golf Tournament is sure to be a treat for all of our Main Street golfers who like to come out for a round of golf to support a great cause.

We’re also working diligently to complete work on the landscaping project outside the Platts/Backus House. If you haven’t stopped by to see our progress, please make a point to see the difference we’re making at this historical landmark. More and more of our Main Street supporters are choosing to be a permanent part of the house by purchasing an engraved decorative brick for $100 or a bench topper (you can put your whole family on this) for $1,000. These commemorative bricks are a great way to honor both the historic nature of our downtown and someone you care about. For more information on how to purchase a brick or topper, contact the Main Street office at 466-3880.

I want to also thank both Mayor Bob Benton and Tax Collector Bob Davis for their sense of humor and allowing Main Street to host a roast of them last month. Our roasters were in rare form and both of them took all of the poking fun in stride. Thanks to our many sponsors and attendees who made this one-of-a-kind event possible.

We have a great season of fun of events and activities coming our way over the next three months. On behalf of the Board of Directors, we hope you’ll take time to enjoy everything Main Street Fort Pierce has to offer!
**MAIN STREET AND DOWNTOWN BUSINESS ASSOCIATION**

**Calendar**

- **Friday, October 5**: Friday Fest — Music & Entertainment by Buckshot (formerly RiverDagogs), 5:30 p.m. to 9:00 p.m.; Main Street Fort Pierce; 468-3880, www.mainstreetfortpierce.org.

- **Wednesday, October 10**: Art Wednesday at Art Bank — Art Mundo Open Studio, 5 p.m. to 9:00 p.m.; The ArtBank at 111 Orange Avenue; Artmundo.org@gmail.com; 766-0021, www.artmundo.org.

- **Friday, October 12**: Friday Fest — 5:00 p.m. to 8:00 p.m.; The ArtBank at 111 Orange Avenue; Artmundo.org@gmail.com; 766-0021, www.artmundo.org.

- **Saturday, October 20**: Treasures in the Trunk Antiques and Art — Second Street in Downtown Fort Pierce; 8:00 a.m. to 12 Noon; sponsored by treasuresfortpierce.com and the Downtown Business Association, fortierciedowntown.com.

- **Wednesday, October 24**: Ghosts of Fort Pierce Past Historic Walking Tour — Tours begin at 5:30 p.m.; Reservations required. 468-3880, www.mainstreetfortpierce.org.

- **Wednesday, October 24**: The Great Pumpkin Party — 5:00 p.m. to 8:00 p.m.; Second Street between Orange Avenue and Avenue A; Admission $3. Downtown Business Association, 772-528-2513 or deberdo818@comcast.net.

- **Friday, October 26**: Classic Car Cruise-In — 6 p.m. at the Pelican Yacht Club, 828-8967, www.fortierciedowntown.com.

**WEEKLY EVENTS**

- **Weight Watchers Meetings** — Tuesdays, 5:30 p.m. at Anytime Fitness; 461-2348.

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**MAIN STREET FOCUS october 2012**

**It’s “The Great Pumpkin Party” Time**

_by Deb Cohen_

Here we are in October already. The children are back in school. We are looking at our fall schedules. Now is the time to mark this date on your calendar: Wednesday, October 24. The Great Pumpkin Party, a Charlie Brown Children’s Special will be held from 5 p.m. to 8 p.m.

The Fort Pierce Downtown Business Association and the Manatee Center are partnering together to bring this Halloween event to downtown Fort Pierce. The Great Pumpkin Party will take place on Second Street between Orange Avenue and Avenue A. Admission is $3.00 per person. Children will be able to decorate a pumpkin, enter a costume contest, participate in activities, and enjoy live entertainment. Adults have the chance to win door prizes and purchase 50/50 tickethroughout the night.

The Fort Pierce Police Department will be present to give out advice on Halloween safety.

_The St. Lucie County Fire Department will be there in their big red fire truck to talk about fire safety._ The Humane Society is coming with some of their furry friends. The Police Athletic League will put on some performances along with Common Ground Church and K & D Martial Arts. Face painting will be provided by Big Brothers and Big Sisters along with plenty of other children’s activities.

Please come join us in supporting our downtown and making the Great Pumpkin Party a success. There are corporate and small business sponsorship opportunities available for this event. Sponsors and donations are needed to help finance and coordinate all the activities. This year’s event is expected to be even better than last year’s which received rave reviews.

For Information please contact Deborah Cohen, DBA Secretary at 772-528-2513 or deberdo818@comcast.net.
Highlights of the South Tour

The South Tour is also rich with history and paranormal activities. Stops include:

- The Sunrise Theatre with Mom & Pop Kobelgard. Here you may encounter one of the many Ushers that hang in the theatre.
- Wander through the haunted Sun Trust building and experience harmless phantoms.
- Continuing with the tour you will encounter an authentic blacksmith.
- Mr. Miley, reporter and editor for the Fort Pierce News.
- Mr. Klopp, the courthouse architect who was crushed by a 5-ton safe.
- The historic Fort Pierce Hotel.
- Boston House.

Join Main Street Fort Pierce for a memorable, leisurely walk during the Ghosts of Fort Pierce Past Historic Walking Tour on Wednesday, October 24. Guests will never be sure who, or what, might be waiting around the next corner or lurking in the shadows. Don’t miss the chance to hear the many secrets of Downtown Fort Pierce and the stories of the people who developed the area and helped make Fort Pierce the town it is today. There will be live characters at every stop! Actors will disclose the history of buildings and any evidence of ghostly activity.

The Ghosts of Fort Pierce Past Historic Walking Tour has become so popular that Main Street Fort Pierce now holds two separate tours; north and south. The first tour leaves at 5:30 p.m. with tours leaving every 15 minutes. The last tour leaves at 7:30 p.m. Each tour includes 8 historic stops. Tours will last approximately 1 to 1-1/2 hours.

Highlights of the North Tour

- A stop at Fee’s Hardware & Mortuary where the notorious Ashley Gang’s bodies were laid on the sidewalk like prey displayed after a big hunt.
- Well know local artist “Beanie” Backus sitting on a wrought-iron chaise lounge complete with his easel and rum.
- Explosions from a cannon detonated by a platoon of soldiers reenacting former Indian wars at the Old Fort Pierce.
- Pioneer rancher, Frank Raulerson.
- Henry Flagler and the “Night Train.”
- Annie Hogg, owner of the PP Cobb General Store.
- Ms. Elizabeth Palmer who still create orbs in her cottage on 2nd Street.
- Historic City Hall.

Everyone Loves a Great Ghost Story!

If you think the annual downtown Fort Pierce Ghost Walk is just another ghost tour … you’re dead wrong.

On the annual Ghost Walk guests will stroll with the spirits through the darkness as guides light the way with their lanterns. Strange and unusual tales of centuries past, legendary stories, folk lore and ghostly experiences will be reenacted by ghosts of Fort Pierce past.

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Everyone Loves a Great Ghost Story!

by Sue Dannahower
Whimsy Takes Home Florida Main Street Merit Award

by Pam Gillette

On Thursday, September 13th, Whimsy, “The Unique Chic Boutique That Everyone Can Afford,” was the recipient of the Merit Award for Outstanding Business of the Year at the Florida State Main Street Conference. Owners Patty and Ken Scott and Main Street Fort Pierce Manager, Doris Tillman, accepted the award presented in Dade City, Florida.

Whimsy became a reality after Patty Scott decided to open a business in downtown Fort Pierce. Patty and Ken purchased the old White’s Bait and Tackle shop in the historic Edgartown neighborhood and restored the building back to its original appearance. After extensive renovation they decided to sell products from Whimsy, a fabulous clothing franchise that had never left Utah. Whimsy has unique clothing, accessories and a wide variety of chic western boots.

Opening their business in the beginning of the recession was tough, but they have managed to stay strong as well as continue to support their community whenever they can. Whimsy is a great friend of Main Street Fort Pierce and downtown. Whimsy supports Main Street by advertising in the Main Street Focus, in all of Main Street’s event booklets, and by donating gift certificate parties for fund raisers.

When Main Street won the GAMSA in 2011, Whimsy offered anyone who came in and said “Main Street” a 20% discount. Recently, to celebrate the store’s anniversary, Patty went and purchased things from each of the downtown businesses to put in an anniversary basket. All Whimsy shoppers were given a chance to win the downtown shopping basket.

Stop by Whimsy and congratulate them on their award. While you are there, see for yourself all the beautiful things in the store.

Whimsy is located at 521 North Second Street, 2 blocks South of Seaway Drive in Historic Downtown Fort Pierce. The store is open Tuesday – Saturday, 11:00 a.m. to 6:00 p.m. They can be contacted at 772-882-4397 or visit them on the web at www.whimsyclothing.com.

Whimsy Fort Pierce

The Unique Chic Boutique That Everyone Can Afford

Present this ad for 20% OFF any one clothing item
(Excludes sale items — cannot be combined with other discounts — expires 11/15/12)

521 North Second Street • Located 2 blocks South of Seaway Drive in Historic Downtown Fort Pierce
772-882-4397 • www.whimsyclothing.com
Halloween Golf Tournament & Beer Bash

by Pam Gillette

AT&T, Ocean Chiropractic & Health and Waste Management of FL, Inc. would like to invite you to the 4th Annual Halloween Golf Tournament & Beer Bash to benefit Main Street Fort Pierce. The ghosts and goblins are diligently raking the sand traps, cutting the grass and manicuring the greens in preparation for a haunting good time on Saturday, October 27th, at Gator Trace Golf Club.

Our ghastly golf committee is looking for brave golfers and spooky sponsors ready to enjoy a great event while supporting a great cause — Main Street Fort Pierce. The cost is $75 per player or $300 per team. The entry fee will include a continental breakfast, a round of golf, lunch, and raffle prizes. There will also be a 50/50 raffle and a silent auction. Every golfer will walk away with a goody bag, shot glass and a raffle prize.

Budweiser and the Beer Bash Babes will be serving up specialty beer tasting on the par 3s, along with Par 3 Poker. Wada Wash Car Wash will be the sponsor of putting contest. For a small donation you will get 3 chances to putt your ball through a special car wash layout for a great prize.

Sponsorship opportunities are still available and tombstones will be set up around the course ready to add your business name as a tee or green sponsor.

Call the Main Street Fort Pierce office at 466-3880 to sign up your team, get a tombstone sign or be a sponsor for the Halloween Golf Tournament.
Happy Haunting at the Sunrise Theatre

by Kathy Post

Join the Sunrise Theatre Foundation for a ghastly good time at their annual Gala. This year’s Gala theme is “Happy Haunting At the Sunrise Theatre” and will be held Friday, October 26 at 6:30 p.m. Enjoy an evening reminiscing in the shadows of history at the Sunrise Theatre with backstage tours, entertainment, live and silent auctions, a costume contest, DJ and dancing. Tickets are $125 per person and are available by calling the Theatre Box Office at 772-461-4775.

The mission of the Sunrise Theatre Foundation is to promote the performing arts to Treasure Coast children and the local community. Over the last four years, the Foundation has subsidized the cost of transporting over 12,000 Treasure Coast elementary school students to the Sunrise Theatre and provided them with the opportunity to attend special “student only” presentations at no cost to the student. The Foundation also underwrites the cost of the Missoula Theatre Children’s Summer Workshop allowing hundreds of Treasure Coast children the opportunity to perform in live theatre on the Sunrise Theatre stage—a experience that will leave lasting impressions and memories for so many. The Foundation is a tax exempt charity that was established in 2008 and operates independently from the Sunrise Theatre and the City of Fort Pierce. This organization is governed by a Board of Directors comprised of volunteers from the Treasure Coast community. With the generous support of its donors, the Sunrise Theatre Foundation can continue to impact the lives of our children through the performing arts.

Let’s raise some money and have some fun at the Sunrise. While fires burn and cauldrons bubble … wear a costume or be in trouble! For sponsorship opportunities or more information, please contact the Sunrise Theatre Foundation at 461-4884 x 315.
Sunrise Theatre Opens 2012 – 2013 Season With Record-Breaking Sales

Tickets for 2012-2013 Season went on sale on Monday, August 20th, at 10:00 a.m. for members of the Sunrise Theatre For The Performing Arts. At the end of the first day, member ticket sales were up from $102,909 last year to $147,750 this year, an increase of 43.6%. Total membership sales on the first day of sale last year went from $53,925 to $65,305 this year, an increase of 21.1%.

“I am pleased that this trend is continuing for the sixth year in a row,” said Executive Director, John D. Wilkes. “From 10:00 a.m. to the close of business on August 20th the switchboard was lit up. And as always our Box Office staff was very busy today and they, as always, did a great job handling the traffic.”

Tickets for the 2012/13 Season shows are currently on sale to members and the general public. For tickets and membership information, call the Box Office at 772-461-4775 or visit online at www.sunrisetheatre.com.

The Sunrise Theatre is making a name for itself as a most intimate and popular venue, offering the best entertainment and state-of-the-art sound on the Treasure Coast. Some of this year’s headliners include, but are not limited to: Glen Campbell, Martin Short, Natalie Cole, Johnny Mathis, Engelbert Humperdinck, Smokey Robinson, The Oak Ridge Boys, The O’Jays, Vince Gill, Three Dog Night and more.

“We’ll be adding shows throughout the season… and are currently waiting on the confirmation status of new shows, such as: Paul Anka, Tony Bennett, LeAnn Rimes, Loretta Lynn, The Bangles, Ziggy Marley, Weird Al Yankovic, Ron White, Abba: The Concert, Willie Nelson and more,” continued Wilkes.

The beautifully restored, intimate 1,200-seat Sunrise Theatre Mainstage and accompanying 210-seat Black Box Theatre, located in Historic downtown Fort Pierce, presents national touring Broadway shows, musical and comedy acts, ballet and opera companies with full orchestras, country stars and classic rock icons. In addition, The Sunrise presents a series of Arts & Education Outreach programs to over 10,000 students each year at no cost to students in the four county region, in conjunction with the Sunrise Theatre Foundation.

The Historic Sunrise Theatre, which opened in 1923, is owned and operated by The City of Fort Pierce. The Sunrise Theatre is located at 117 South Second Street in Fort Pierce. For tickets and membership information, call the Box Office at 772-461-4775 or visit online at www.sunrisetheatre.com.
“Bob & Bob” Roast

Bob Benton, Anne Satterlee and Tom Perona

Anne Satterlee, Bob Davis, and Tom Perona

Roberta and Bob Davis

Congratulations to Kori Benton & Rebecca Cash, newly engaged the morning of the Roast

Jane Rowley, Donna & Bob Benton

Bob Benton & Bob Davis with Magician Brandon Smith

Photos by Ginny Faitella

Photos by Brittany Athey

18th Annual Main Street Fort Pierce
Reverse Raffle

Ray Walker – 1st Place Winner

Frank & Leven Fee – 2nd Place Winners

Photos by Ginny Faitella

Kimberly Clarizio & Pat Hayes

Laff Laflaflandre & Deb Cohen

Jane Rowley, Hal & Claire Mevillo

Jane Dean & Malcolm Rowland

Dave Wilbur, Dave Miller & Barbara Miller

Pat Hayes & Andy Steinbergs

Sally Sommers at the Dessert Table

Cupcakes donated by the Cake Lady

Blackjack

Photos by Ginny Faitella

Photos by Brittany Athey

Jane Rowley, Donna & Bob Benton

Bob Benton & Bob Davis with Magician Brandon Smith

Photos by Ginny Faitella

Photos by Brittany Athey
Annual POW/MIA Recognition Day Ceremony

by Billie A. Pierce

Saturday, September 15, 2012 was proclaimed as **POW/MIA Recognition Day**, for all of St. Lucie County, Florida and the surrounding communities, by the St. Lucie County, Florida Board of County Commissioners.

The **American Legion**, the **American Legion Auxiliary** and the **Sons of the American Legion**, of the Stephen N. Gladwin Post 40 Fort Pierce, Florida invited the citizens of Fort Pierce and the surrounding communities of St. Lucie County to attend the **Annual POW/MIA Recognition Day** ceremony. The ceremony was held on Saturday, September 15, 2012 at the Post Home located at 810 S. U.S. Hwy 1, Fort Pierce, Florida. All veteran organizations and civilian groups were invited to participate and bring their colors/stands to be posted to honor those who served as POWs and those still missing and unaccounted for.

This ceremony honored and recognized our nation’s prisoners of war and missing in action. As of August 28, 2012, the DPMO (The Defense Prisoner of War and Missing Personnel Office) is currently reporting there are 83,421 Americans listed as missing and unaccounted for, back to WWll – 73,000, Korean Conflict – 7,948, Cold War – 126, Viet Nam – 1,660, Iraq and Other Conflicts – 6. Imagine 83,421 Americans who have yet to return home from their wars. Now add to that number their surviving parents, brothers and sisters, sons and daughters and you have a huge population of fellow Americans who continue to grieve in silence every day.

Let us always remember those ordinary citizens who refused to shirk the responsibility of citizenship and who selflessly paid the highest price to preserve peace and freedom and our way of life that we take for granted. God Bless our missing soldiers, sailors, marines, airmen and coast guardsmen. Let us all work together to help bring closure to the families who continue to wait. For God and Country.

“The chair is empty. They are not there. Remember them, for surely they remember you.”

The American Legion, the American Legion Auxiliary and the Sons of the American Legion, of the Stephen N. Gladwin Post 40 Fort Pierce, Florida invited the citizens of Fort Pierce and the surrounding communities of St. Lucie County to attend the Annual POW/MIA Recognition Day ceremony. The ceremony was held on Saturday, September 15, 2012 at the Post Home located at 810 S. U.S. Hwy 1, Fort Pierce, Florida. All veteran organizations and civilian groups were invited to participate and bring their colors/stands to be posted to honor those who served as POWs and those still missing and unaccounted for.

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Meet This Year’s 36 Calendartists at Art Mundo’s Meet and Greet

by Holly Theuns

Jenny Shibona, local one-of-a-kind jewelry designer, had her piece “Life’s a Carnival” included in Lark “Showcase 500 Beaded Jewelry.” Her “Life’s a Carnival” necklace is an incredible example of beadweaving — incorporating multiple bead stitches with a variety of different types of beads and wire. The piece is spectacular — Jenny is wearing it in the photo (pictured at right). Jenny is a self-taught beader and has been creating her one-of-a-kind pieces of jewelry for over 25 years. She shares a studio in the Underground at Art Mundo with Holly Theuns, another artist. Jenny also teaches bead weaving at Art Mundo and at shows throughout the county and will be teaching at William Holland Lapidary School in Young Harris, Georgia in 2013.

For the last two years Art Mundo’s annual fundraiser, Calendar, has included a series of beaded works designed and produced especially for the calendars by Shibona. This year’s series subject is beaded flowers and butterflies — plan to come by Art Mundo on Wednesday, October 10th, from 5 p.m. to 8 p.m., and see the 12 original works Jenny created for this year’s fund raising event.

In addition to Jenny’s work, Art Mundo will also have on display in the 3rd floor Loft Gallery on October 10th the other 420 original pieces of art created for the calendars by 35 other local artists. That’s a total of 432 pieces of original artwork created by 36 artists who will be at the event to “meet and greet” the public. Add wine and hors d’oeuvre and you have quite a party.

There are only 36 calendars produced and they are only available in one of two ways: 33 of the one-of-a-kind calendars will be raffled off at the this year’s Calendar Gala, scheduled for Saturday, December 1st, at the Navy SEALS Museum and three of the calendars will be offered at live auction at the event. Raffle tickets will be available to purchase at Art Mundo on October 10th. Raffle tickets are 3 for $25 and include one admission ticket to the Calendar Gala on December 1st.

Also on October 10th, silent auction bidding will begin on the 36 matted and framed original submission works of art displayed in the main hallway in Art Mundo’s Underground. Final bids will be determined at the gala.

Be sure and see Darrae Norling’s “Hubba Hubba” hubcap art in the On the Edge gallery space throughout October, Gretchen Green’s new work in tin displayed in the Loft Foyer gallery — plan to be surprised — and Martha Cross’s clay wall sconces in the Loft Gallery gallery. There are new shows opening every month at Art Mundo. The “Creep Show” continues in the Underground gallery, and it’s the perfect place to get in the mood for Halloween.

Don’t forget — Art Mundo will be on the October 24th Fort Pierce Ghost Walk again this year. We plan to have a “screamingly” good time. Hope to see you at Art Mundo in October.

Art Mundo is a center for creative expression located at 111 Orange Avenue in Historic Downtown Fort Pierce. The Center is open Monday through Friday from 1pm to 5pm and Saturday from 10 a.m. to 1 p.m. Please visit our website www.armundo.org to find out about upcoming shows, calls to artists, classes and special events. Our phone number is 772-766-0021.
In honor of Energy Awareness Month, Treasures in The Trunk Antique and Art Fest is offering an information booth to the non-profit organization called SELF. The acronym stands for Solar and Energy Loan Fund. St. Lucie County is the only area in Florida that received a 2.9 million dollar grant to help kick start this program. The program is available to provide consumer access to clean energy and technology by specializing in favorable finance options. The non-government program wants to help people and businesses reduce their energy bills.

October is Energy Awareness Month since the Presidential proclamation in 1991. So, for more than 15 years, government organizations in partnership with businesses, associations, and concerned citizens have observed this month with activities, and programs to promote public understanding of our energy needs and to reduce energy consumption in our everyday lives. The DBA felt that this was a great opportunity to bring awareness to our community.

The Fort Pierce Downtown Business Association hosts the Treasures in The Trunk Antique and Art Fest every third Saturday of the month (October 20th) and the event is open to the public. The DBA’s goal is to bring more businesses and activities to the heart of historic downtown Fort Pierce for economic stability.

The main sponsors for this event are Treasures of Fort Pierce and Sunrise Ford. To qualify as a vendor you must have vintage collectables, antiques, or be an artist or author. For more information or to view a video log onto www.treasuresoffortpierce.com, or call the vendor manager at 772-332-3176. Come join the fun from 8 a.m. – 12 p.m. Saturday, October 20th.
It has been an honor to serve with honesty and integrity as your Mayor of Fort Pierce.

"Thanks!" to everyone who supported us in the August primary election.

As we move forward, I ask for your continued support in the upcoming election for St. Lucie County Commissioner District 1, Republican on November 6, 2012.

Please invite your family and friends to vote Bob Benton!

Approved by Bob Benton and paid for by Bob Benton Campaign account.
Celebrate Farmers and Farmers’ Markets

by Linda Hudson, Board Member, Downtown Farmers’ Market of Fort Pierce

National Farmers’ Market Week was August 5-11, scheduled in the summer for more temperate climates. The Downtown Farmers Market of Fort Pierce operates year round, a boon to local and seasonal farmers.

As of this writing, the Downtown Farmers’ Market of Fort Pierce is the 19th in the nation in “large” farmers’ markets (over 56 vendors) in America’s Favorite Farmers’ Markets Contest, sponsored by the American Farmland Trust. This annual contest is not a scientific poll, but it is a promotional vehicle for farmers’ markets in general.

Farmers’ market patrons are shopping locally and they’re shopping in downtown Fort Pierce. Patrons who have never been to downtown Fort Pierce often comment that they had no idea that downtown Fort Pierce was so scenic and accessible. Shopping local consumes less fuel and supports local farmers and small businesses. Food grown by local farmers is fresher and healthier, and often the patron can speak directly to the farmer.

Shopping at a farmers’ market provides an outing that is filled with positive experiences, including music, social interaction with neighbors and friends, a family outing along the waterfront, and an opportunity for pleasant outdoor exercise. Shopping at a supermarket may be a chore; shopping at the farmers’ market is entertaining and rewarding.

When you shop at the Downtown Farmers’ Market of Fort Pierce, remember you are doing more than starting the weekend off in a very pleasant way. You are supporting the downtown Fort Pierce neighborhood, helping a farmer, patronizing a local, small businessman and benefiting from local and fresh fruits and vegetables.

The Downtown Farmers’ Market of Fort Pierce operates from 8 a.m. to noon, Saturdays, at Marina Square, between the library and the Marina. Parking is available at the library or nearby at the city’s parking garage at US# 1, between Orange and Avenue A. Eat breakfast or lunch along the seawall while listening to live music. In Fort Pierce, the Farmers’ Market is “a Saturday morning tradition.” Call Market Manager at 772-940-1145 or visit us at www.fortpiercefarmersmarket.com or find us on Facebook.
It’s October and soon we will begin to slip away from the summer doldrums and into the beginning of fall. Temperatures will begin to cool and we’ll have more varied weather and more windy days. Fronts moving down from the north will be more frequent and have a better chance of getting to or even past the Treasure Coast bringing with them all the changes we expect when a front rolls through. Outdoor activities will require just a bit more attention to the weather forecast and occasionally require the re-scheduling of some planned events. I’m sure we will all welcome the cooler temperatures after our very hot summer!

With the heat of summer fishing along our shores has been on and off. It’s fairly typical that during the hottest days of summer fishing slows a bit and this summer was no different. Fish are still catchable, it just takes a little more effort and knowledge to bring home a fresh fish dinner. As the fall weather starts to take hold and changing weather patterns begin fishing will pick up both on and off shore. The Fort Pierce City Marina and our local tackle shops are always a great source of information for what’s happening on the local fishing scene. Support these local businesses and add to your success with the knowledge they are happy to pass along.

Get ready for cooler temps and keep an eye on the weather if you plan to be outdoors this fall. Enjoy our wonderful natural resources and stay safe.

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**Fall on the Waterfront**

*by Dan Dannahower*

Sunrise over the Indian River Lagoon.

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**Recipe Corner**

*Mackenzie River Pizza Company House Vinaigrette Dressing*

On a recent vacation to the Keys a friend spoke affectionately about a salad dressing he craves from a pizza establishment in Montana. He said the pizza was okay but the salad dressing was heavenly. I found the recipe on line and made it for dinner that night. It was a hit!

In the version below I decreased the oil and therefore the calorie count.

1/3 cup Canola Oil
1/2 cup Pace medium picante sauce
1/3 cup cider vinegar
1 1/2 Tablespoons stone ground mustard
1 Tablespoons sodium Soy Sauce
1 Tablespoon minced garlic
2 teaspoons crumbled horseradish
1 teaspoon good quality oregano
1 teaspoon Tabasco sauce (or to taste)

Blend it all together and refrigerate overnight.

Mackenzie River Pizza Company serves with romaine lettuce, fresh pear slices and a sprinkle of Grapenuts cereal on top. Serving Size for Salad Dressing is 2 Tablespoons and 53 calories. Most of the calories come from the oil.

**About Oil & Your Health**

A vegetable salad provides vital nutrients and can be the basis of a low-calorie meal. Salad dressing can be a source of extra flavor and a healthy oil increases the nutrient value. All oils are high in calories and can lead to weight gain if you eat too much, so use only a small amount.

**Unsaturated Fat**

The healthiest oils for a salad dressing are low in saturated fat and high in unsaturated fats. You can lower your cholesterol by using unsaturated fats instead of saturated fats. Most plant-based oils are low in saturated fat. However, palm and coconut oils are the exception, they contain highly saturated oil and should not be consumed.

**Monounsaturated Fatty Acids**

Olive, canola, walnut and peanut oil are high in monounsaturated fatty acids, which may lower your total and LDL cholesterol levels. You can add more monounsaturated fatty acids to your salad by including avocados or olives.

**Polyunsaturated Fatty Acids**

Polyunsaturated fatty acids can be heart-healthy and they are good sources of the antioxidant Vitamin E. Good choices for a salad dressing include Grapeseed, corn, safflower, sunflower and soybean oils.

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**Sunrise over the Indian River Lagoon.**

*Author’s daughter, Kristen, and her husband, Victor Barchers, taking a little break from a slow fishing day.*

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