



Volume 15, No. 12 July, 2020

FOCUS

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PRESIDENT'S MESSAGE

Downtown Fort Pierce Revitalized

by Sue Dannahower



Summer is in full swing and so is downtown Fort Pierce. There are many positive things happening right here in downtown.

Crabby's Dockside has opened and the **Hard Axe Lounge** plans to open around July 4th. **Taco Dive Downtown** reopened mid-June, **Mike's Downtown Computer Repair** is moving back downtown and the **Thirsty Turtle Seagrill** opened in March.

The **Galleria of Pierce Harbor** saw the opening of **JR Smoothies**, the **Rooster in the Garden** changed to an Italian restaurant and the **Braford** is now called **The Fort Steakhouse**.

Sailfish & the Crafted Pie along with **Seriously Mixed Media** remodeled their spaces. The **2nd Street Bistro** restaurant installed sneeze guards between their booths and **Whirled, Inc.** (art studio) moved its location to 2nd Street.

Numerous restaurants and businesses are utilizing “*parklets*” to expand their businesses. A *parklet* is an extension that provides more space and amenities for people by using sections of the parking spaces in front of their businesses.

Main Street Fort Pierce continues our commitment to our downtown businesses and restaurants. We are promoting on-line shopping, posting hours of operations on our Facebook page and on our website, www.mainstreetfortpierce.org.


Our downtown businesses are taking measures to keep their customers safe and need support in return in the form of shoppers and diners in beautiful Historic Downtown Fort Pierce.

I wish you and your family a happy and healthy July! ❖



4th of July Fireworks Display

In an effort to take preventative measures against COVID-19 by avoiding large gatherings, this year's July 4th fireworks display has been postponed until further notice. The City is working with *Main Street Fort Pierce* to host the event at a later date, prospectively Labor Day weekend. The City of Fort Pierce shall continue to adhere to CDC, state and federal guidelines in order to reopen our community in a safe and calculated manner. ❖



**MAIN STREET
FOCUS
FORT PIERCE**

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Mayor's Message **Getting Back to Business**

by Linda Hudson, Mayor, City of Fort Pierce



Our city was quick to create help for businesses and residents hit hard by COVID-19. We created a disaster recovery grant program that includes financial assistance to residents and businesses; provided two rounds of testing to our residents; and, created *Operation Dinner Table* to identify

and provide food to those residents who may have been missed.

The **Fort Pierce Utilities Authority (FPUA)** reduced monthly power bills, waived late fees; offered payment plans with 0.0% interest; made contributions to non-profit agencies for help paying monthly service bills and most importantly, there are no disconnections during the disaster period.

Working with our local businesses and *Main Street Fort Pierce*, the city allowed businesses to ex-

and provide food to those residents who may have been missed. The city provided barriers for this “parklet” program. The city commission is in the process of establishing temporary waivers of some planning fees to encourage and assist businesses.

Fort Pierce has two very successful outdoor markets every Saturday: The **Downtown Farmers Market of Fort Pierce** and the **Fort Pierce Jazz and Blues Society Craft Market**. We are very interested in getting these markets back to their traditional venues in our historic downtown. We will be resuming permitting of events with additional restrictions following best practices for guarding against the spread of COVID-19.

Celebrating our nation's Independence has always been a way to bring our community together. This year, with COVID-19, the city was reluctant to host a festival where social distancing was not easy to accomplish. Working with *Main Street Fort Pierce*, the city agreed to a fireworks celebration, as long as citizens watched from their cars, their private property or other locations that did not include the likelihood of large crowds.

Our city has agreed to develop a strategy to ease back into establishing a safe way to resume legislative and quasi-judicial public hearings and permitting events at city venues.

We continue to hold regularly scheduled commission meetings, with social distancing and citizen input in person or via written communication. We continue to issue daily COVID-19 updates; social media posts, and videos on our govern-

ment channel 27. We created a special COVID-19 page on our city's website. Don't forget to complete the 2020 census. It's a quick, easy way to help Fort Pierce and all our residents for the next decade.

The City of Fort Pierce remains committed to keeping all residents and visitors safe during pandemics, hurricanes and any other kind of challenge we must face. I believe in showing kindness and respect to our fellow human beings. One way to do that is to recognize that some people will wear face masks — allow them to do so in peace. Others will not wear face masks — leave them in peace also. Personal responsibility in all things, but especially in a pandemic, is a hallmark of a civil society. ❖



The City of Fort Pierce has partnered with the St. Lucie Boys and Girls Club, the Treasure Coast Food Bank, GraceWay Village and others to provide food during the pandemic. Mayor Linda Hudson and Broderick gave out hundreds of food boxes at *Operation Dinner Table*, May 30, at the IRSC parking lot at Percy Peek Gym.

Fort Pierce Yacht Club – On the Start Line (Again)

It is hard to imagine that so much of this year's boating, social and charitable events that had been planned went by the wayside! The starting gun never fired on *Spring Regatta*; no one drew cards for charity; and we missed NASA's presentation on monitoring our earth's resources from space. But we were quickly confronted with the new challenge of keeping ourselves connected and engaged in new ways and thus was "born" our *Facebook Live Zooming YouTube* experience. As a club, we:



Continued our Friday night gatherings, albeit via Zoom
 Communicated over email with weekly questions and answers
 Held 4 different Zoom-based training sessions
 Held a virtual Cinco de Mayo party, including showing off our homemade Latin dishes
 Took advantage of the time off in the beautiful weather to boat!

- ▶ Continued our Friday night gatherings, albeit via Zoom
- ▶ Communicated over email with weekly questions and answers
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- ▶ Held a virtual Cinco de Mayo party, including showing off our homemade Latin dishes
- ▶ Took advantage of the time off in the beautiful weather to boat!

While not what we had planned, I think that the **Fort Pierce Yacht Club** stood up well to the test of a re-imagined existence. And we, like all of you, are now translating those lessons forward. Last year at this time, **Fort Pierce Yacht Club** was being recognized by the Fort Pierce City Commissioners for hosting "July on the Water" (which actually started in June with a community-wide summer solstice celebration). As we re-engage slowly in this latter half of 2020, we are looking forward to events which can still be enjoyed while safe distancing — and certainly the *Ninth Annual 4th of July Patriotic Boat Parade* will be an event that harkens — "we are back boating and leading community in on-the-water events!" Please allow this event to be your coming-out as well and gather in the Turning Basin on July 4th at 12:00 p.m. in your patriotic colors for a cruise around the Fort Pierce area. No boat? No problem! Decorate your cars, drive east along Seaway at 12 p.m. and back west, north to Harbortown, south

into downtown, then east again past Causeway Cove and into Harbor Isle and around Faber Cove! We wish you a very happy Independence Day and hope to see you on the water!

Later in July, we will initiate a different approach to our support for the *13th Annual Treasure*

Coast Waterway Clean Up. **Marine Industries of the Treasure Coast** has "reimagined" the usual clean-up day as a theme rather than a singular event — which means we can clean up any (or every) day and still be part of the effort! "Little did we know when we began this year's planning that we would be dealing with Covid-19," says April Price, Event Coordinator. "Fortunately, our planning gives us the capacity to operate the cleanup effort in a virtual way. We know that 45% of our volunteers are in the high-risk group for Covid-19. Many of our clubs and service organizations that come out each year are seniors. This program permits these groups to conduct their cleanup effort when they are ready to resume normal activities, in cooler weather, or when they are here for the season."

Fort Pierce Yacht Club will embrace this new approach by launching a monthly clean-up by our GARBeach team of volunteers. We will kick off our efforts on *Waterway Clean Up Day*, July 25th, but you will see us out on the beaches and in the parks every month thereafter. It is part of **Fort Pierce Yacht Club's** commitment to the preservation of our waterways. Go to the *Treasure Coast Waterway Clean Up* website to see how you can help (www.tcwaterwaycleanup.com); and follow **Fort Pierce Yacht Club** on our website www.fortpiercenyachtclub.com and like us on our FaceBook page. **Fort Pierce Yacht Club** is also hosting a second FaceBook page, *Treasure Coast on the Water*, where we share on the water event announcements from around the Treasure Coast — join our group!

See you on the water and on the beach!

Manatee Center Adapts Summer Camp for 2020

by Rachel Tennant, Manager

The **Manatee Center** adapted its summer camp programs this year to provide safe, affordable, and fun summer camp options for our local kids. Each week-long camp was divided into two half-day sessions of 12 campers per session, at about half the price of our traditional summer camps. In the wake of COVID-19, we hoped to bring affordable camp options that would keep campers engaged in the environment.

Itineraries have been designed to keep campers outdoors as much as possible, and to capture the “adventure” that is so important to our summer camps each year. Camps are taking place at the **Manatee Center** and will take advantage of the beautiful Fort Pierce parks and open spaces that are within walking distance from the Center. By adapting our adventure trips in this way, we hoped to eliminate the need to place campers in close quarters on a bus, and increase the time available to spend time together outdoors.

Each day, campers are engaging in a variety of fun games and activities designed to help them learn more about our natural world. During the *Eco-Explorers* session, campers have the chance to learn about food chains and the food web, the water cycle, basic survival needs, and biodiversity. During the *Ocean Adventures* session, campers will learn all about adaptations and estuaries, marine mammals, and Earth’s water supply. And during the *Wild Discovery* session, campers will learn all about Florida frogs, toads, endangered species, owls, and wading birds. All from our backyard in beautiful Fort Pierce with hands-on engaging camp activities. Each camp includes an opportunity to explore the diversity of the Indian River Lagoon with a seining adventure near the **Manatee Center**. And each camp ends with a special *Environmental Action Day* creating art, doing a recycling relay, and more.

In order to emphasize health and safety in these uncertain times, campers and counselors are receiving temperature

checks upon arriving each day. Each camper and counselor are also receiving a special **Manatee Center** face covering in addition to their camp t-shirts this year. Face masks are being worn by staff and volunteers at all times, and are encouraged for campers.

We have worked hard to adapt our summer camp programs in order to offer a suitable safe and fun adventure camp for our young ones in these unusual times. We hope to encourage our little ones to explore the environment and enjoy the beauty, peace, and adventure that it has to offer us.

If you are interested in registering your little one for summer camp, or would like to learn more about the **Manatee Center’s** education programs, contact April Frederick, our Education Coordinator, at Education@ManateeEducationCenter.org or 772-466-1600 extension 3337. ❖



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In May of 2018, **Fort Pierce Utilities Authority (FPUA)** announced their participation in *Florida Municipal Power Agency's (FMPA)* solar project, aptly named the Florida Municipal Solar Project. **FPUA**, along with 11 other Florida utilities, have partnered to build five solar farms, installing nearly 1.5 million solar panels by the end of 2023. Phase I of the project includes three solar energy sites and Phase II of the project encompasses two additional sites.

Groundbreaking for Phase I of the *Florida Municipal Solar Project* was held in November of 2019. Phase I includes a total of 900,000 solar panels at three sites, two sites in Osceola County and a third site in Orange County. Together they will generate 223.5 megawatts of emissions-free energy. *FMPA* is serving as the project coordinator and the 12 municipal utilities, including **FPUA**, who are member-owners of *FMPA*, will purchase power from both Phase I and Phase II of this project. As of this writing, two of the solar sites included in Phase I, the **Harmony Solar Energy Center** and the **Taylor Creek Solar Energy Center**, are expected to come online June 30, 2020, and will begin producing zero-emissions energy. The builder, owner and operator of Phase I is **Florida Renewable Partners**, whose parent company is the world's largest generator of renewable energy from wind and the sun.

In December of 2019, construction began on Phase II of the *Florida Municipal Solar Project*. This expansion will add two solar sites, one in Alachua County and the second in Putnam County. Expected to come online by the end of 2023, Phase II of the *Florida Municipal Solar Project* will generate an additional 149 megawatts,



for a total generating capacity of 372.5 megawatts of emissions-free energy. That is enough energy to power 75,000 typical Florida homes. When complete, this will be one of the largest municipal-backed solar projects in the United States. The builder, owner and

operator of Phase II is **Origis Energy**, a global clean energy solutions provider with more than 100 projects totaling over 1.6 gigawatts of developed solar and energy storage capacity.

"This is a wonderful opportunity for our customers to use renewable solar power without the large capital outlay that is required for residential and commercial structures," said John Tompeck, Director of Utilities. "In the near future, **FPUA** will be offering 'solar


subscriptions' which will allow customers to fully invest in solar energy if they choose to do so. With our investment in these projects, **FPUA's** energy portfolio will be approximately 18% renewable energy. With our partners at *FMPA*, we expect to continue to increase in our renewable energy capacity in the coming years."

The cost of solar energy from this project is about one-third the cost of electricity from a typical private, rooftop system. The ground-mounted solar panels have a computer-controlled tracking system that moves the panel to track the sun as it travels from east to west, maximizing power output. "**FPUA** is pleased to be part of this joint solar project with *FMPA*, our wholesale power provider," said Paul Jakubczak, **FPUA** Director of Electric and Gas Systems. "**FPUA's** participation in this project allows us to bring a low-cost solar option to our customers."

The benefits to our community include equal access for all homeowners, renters, and businesses to the economic and environmental benefits of solar energy. Solar energy is renewable, zero-emission and cost-effective which protects our environment and keeps our communities clean. **FPUA** is excited to be part of the *Florida Municipal Solar Project* and proud to add solar to our renewable energy portfolio. ❖



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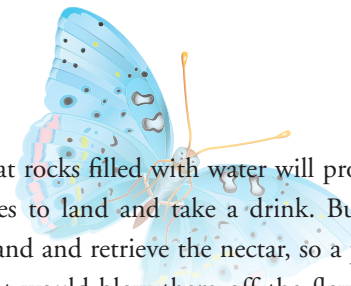
Do You Love Butterflies?

by Holly Theuns, Heathcote Botanical Gardens



Do you love butterflies? Would you like to attract them to your yard? It's not difficult. You need to provide water, shelter, a sunny open spot and lots of flowers.

The best way to go about it would be to plan on accommodating their entire life cycle. Butterflies only live for a few weeks and that time is spent consuming nectar, mating and laying eggs. You need flowers to supply nectar, and host plants for them to lay their eggs on. The host plant provides food when the larvae hatch and become caterpillars. Caterpillars become butterflies and the butterflies then consume the nectar from the flowering plants and the cycle begins again. This is not always a pretty garden — the caterpillars can eat the host plant to the ground. But it's all for a good cause — butterflies!



A shallow dish with flat rocks filled with water will provide a plant for the butterflies to land and take a drink. Butterflies need to be able to land and retrieve the nectar, so a place without strong wind that would blow them off the flower is ideal. Flowers with the most abundant fragrance seem to attract the most butterflies. Red, orange, pink and purple seem to be their favorite color flowers. Some of the favorite nectar plants at **Heathcote Botanical Gardens** are milkweed, fire-bush, porterweed, zinnia, tropical sage and native salvia, pentas and lantana. The best goal would be to have flowers with overlapping bloom times so there are flowers blooming in your garden throughout the year.

It is important to use native plants because they will be the most beneficial to the local butterflies and caterpillars. Natives also have not had the fragrance bred out of them like some hybrids. Good sources for native plants are local plant sales. Many local organizations host both spring and fall plant sales. Watch social media for dates for the *St. Lucie County Master Gardener's* sales, *Fort Pierce Garden Club's* multi club plant sales, and the plant sales at both the *Port St. Lucie Botanical Gardens* at **Heathcote Botanical Gardens**. You want to be careful that the plants have not been contaminated with insecticide. That can kill the butterflies.

The local Zebra Longwing butterfly is common and easy to spot with its long narrow striped black and pale yellow wings. Its larval host plants are the purple passionflower and the corky stemmed passionflower and they like the nectar from lantana and verbena.

Continued on page 10 ...

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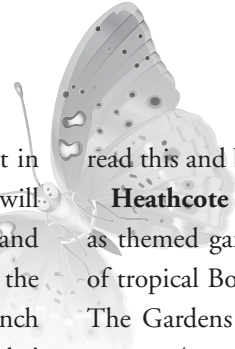
BUTTERFLIES ... continued from page 9

The Atala Butterfly was thought to have become extinct in the 1950s but luckily we are seeing them again. The Atala will only lay their eggs on the coontie plant. The eggs hatch and the caterpillar eats the coontie, sometimes completely, but the plant always comes back. It is a small butterfly, about an inch across, with an orange body and black wings. The females' black wings have iridescent turquoise spot markings and the males, who are slightly smaller than the females, have Caribbean blue scales on their wings in the warmer months and green scales in the cooler months. Atalas have been spotted in and around **Heathcote Botanical Gardens**. They prefer white flowers and because they have a short proboscis, the elongated feeding tube attached to the head of the butterfly, they like small flowers. Wild coffee, porterweed, and beautyberry are popular nectar plants of the Atala, as are the white inflorescences on palm trees.

The more you learn about pollinators; butterflies, hummingbirds and bees; the more you realize how much there is to learn and how important it is to create habitat for them. I am not a flower or butterfly expert — I just love both of them and am working on a butterfly garden at my house and hope you will

read this and be interested in starting one in your yard.

Heathcote Botanical Gardens is a five-acre garden laid out as themed garden rooms, and home to the largest collection of tropical Bonsai on permanent display in the United States. The Gardens are open Monday through Friday from 10:00 a.m. to 4:00 p.m. and well-behaved leashed dogs are welcome. There is an admission charge: \$8 for adults, \$6 for seniors over 65, \$3 for children ages 6 to 12, Children under 6 are free, as are members, Veterans with ID, and American Horticultural Society's Reciprocal Admissions Program (Members of **McKee Botanical Garden** and **Port St. Lucie Botanical Gardens** are free with their membership card). **Heathcote Botanical Gardens** is located at 210 Savannah Rd in Fort Pierce. The website is www.heathcotebotanicalgardens.org and phone number is 772-464-4672. ❖



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Mangia la Pasta!

by Dale van der Lugt

Translated, it means “Eat the Pasta!” And you will want to do much of that at Downtown Fort Pierce’s newly re-invented **Rooster in the Garden Ristorante**, located in the **Galleria of Pierce Harbor**. While farm-to-table is still a concept the original founder embraces, its format is now casual, family-style Italian where the ingredients are fresh and sourced from the finest of purveyors locally found.

Guests are transported to Italy during their dining experience, surrounded by accents of Italian tile and pottery, where Executive Chef Kevin Darr presents handmade pastas daily, rich and creamy sauces, savory breads and soups to an amazing menu filled with traditional favorites. His dessert creations are



delectable. The *Brunch Della Domenica*, combining traditional Italian delicacies with breakfast items, amazing focaccia breads and fresh Italian pasta dishes, should be added to your local Sunday dining outing! And for those customers that still crave the **Rooster in the Garden** famous hamburgers, made from

Adams Ranch natural beef, they are still on the menu!

Many guests will recognize Manager Bill Cushing who has come back to oversee the operation, bringing his 30+ years of experience with him. Bill has a restaurant background from high French to casual and has studied extensively with master sommeliers to match your Italian favorites with an expansive wine list. Soon, the **Rooster in the Garden Ristorante** will bring homemade lemon cello drinks to their menu as well.

They invite you to join in the fun with the vivacious and energetic new Assistant Manager, Waleska Martinez, promoted from within, guiding her staff to reflect the same passion that she embodies. Wearing fun masks with hand sanitizer at the ready, the well-trained staff holds their guests’ dining experience in high regard.

As the staff announces to their guests, *mangiare bene, ridere spesso, ama molto!* (Eat well, laugh often, love much!) ❖

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Fort Pierce Art Club Donates Proceeds from Exhibition to the Inner Truth Project

The **Fort Pierce Art Club** is happy to announce that it has donated \$400 from the proceeds generated by the art exhibition *In Her Image 2020* to the *Inner Truth Project*. The *Inner Truth Project, Inc.* supports individuals recovering from sexual assault and abuse with counseling and other services to help with their recovery.

The **Fort Pierce Art Club, Inc.** is a 60-year-old art club that was created by dozens of local artists including its first president, A. E. (Bean) Backus. The club and its members, all local artists, decided to donate the proceeds from the show to the *Inner Truth Project* to demonstrate how art can have an impact in many ways in our lives including helping individuals in our community.

In Her Image 2020 was on view at the **Elliott Museum** located at 825 NE Ocean Boulevard in Stuart, from December 2019 to March 2020. The show included the work of thirty-six artists who used mannequins as the base of their designs to highlight women and women's issues. Several of the mannequins are still on display and for sales at **Cool Beans Brews**, located at 1115 Delaware Avenue in Fort Pierce.

The club offers free art classes weekly in watercolors and acrylics on Monday mornings to the community at **Cool Beans Brew** from 10 a.m. to Noon as a part of its community service.

The **Fort Pierce Art Club/Treasure Coast Art Association** is a 501(c)3 that has been helping artists along the Treasure Coast since the 1950s. It was incorporated in 1966. The mission is to *bring art to the people and people to the arts*.

For information on upcoming events and workshops, email: fortpierce.art.club@gmail.com or call Jeanne Johansen at 772-579-1529. You can also visit fortpierceartclub.org for more information or to become a member. ❖



Jeanne Johansen, President of the Fort Pierce Art Club, presents a check to Mindi Fetterman, the Executive Director of The Inner Truth Project



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JR Smoothies – Refreshingly Healthy

by Dale van der Lugt

With temperatures reaching the high 90s outside, you’ve probably been seeking cool ways to battle the heat. We recommend **JR Smoothies**, the coolest place in town, located within the **Galleria of Pierce Harbor** in Downtown Fort Pierce.

Founded and operated by owner Joseph Russell, **JR Smoothies** offers a healthy alternative to refreshing smoothies by adding ingredients like almond milk and coconut water to many of their popular selections. Most of their smoothies are fruit-based with many ingredients frozen to keep from diluting the flavors. Sometimes ice will be added when the sugar levels need to be toned down.

The **JR Smoothies** original concept was to also offer hotdogs, but Joseph quickly realized this did not fit the healthy profile of his menu. What did fit in is adding Coco Bread, a Jamaican delicacy, and Jamaican patties which are wonderful pastry pies filled with either vegetables



or beef and curry chicken. Sandwiches are also on the menu. And, **JR Smoothies** offers daily specials like Jamaican punch which has papaya, mango, pineapple, and strawberries, with ginger extract added to round out the flavors. Also, coming soon are coffee smoothies, nuts and berries smoothies, and a passion fruit colada, all added to their daily specials and not offered on their regular menu.

So, step inside and enjoy the island motif of **JR Smoothies** with colorful paintings of native fruits and an amazing air-brushed mural painted on the wall by local artist Shaun Logan. Joseph and sons Jordane and Josef want you to know they are always open to suggestions, stating when their customers are happy, they are happy, and

are willing to create a custom concoction blended just for you.

Insider tip: remember to ask **JR Smoothies** for a club card, five smoothies and you get your next smoothie free!

“Treat yourself to some tropical refreshment.” ❖



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Hard Axe Lounge Offers New Entertainment Option in Downtown Fort Pierce

One of the first pool halls in downtown Fort Pierce opened over 100 years ago in the same spot where the **Hard Axe Lounge** now exists. This intersection of 2nd Street and Marina Way was originally one of, if not *the*, most active in downtown Fort Pierce. The addition of this new ax throwing establishment offers an exciting and unique entertainment option which will enhance the growing vibrant vibe of this section in downtown Fort Pierce.

Julian Hewatt, owner of the **Hard Axe Lounge**, did his research before deciding to open his business in downtown Fort Pierce. He first learned about the sport of axe throwing while visiting family in Orlando. After he made his first bullseye, he was hooked. Once back home in Fort Pierce he devoured all the information he could about urban axe throwing. He began to daydream about opening his own axe throwing business. After he accumulated as much knowledge as he could about the sport he sat down and created a business and revenue plan to see what it would take for his business dream to become a reality. He researched the hard questions about the viability



of starting a business like this in terms of generating revenue, insurance, sustainability for the long term, and location, location, location. “This was hands down the most difficult step. Originally I wanted to do it in downtown Fort Pierce, however at the time I started looking for places, none of them were available down here. I looked at over 100 buildings, spoke to 100 different property managers from Vero Beach south to Stuart. For months, we were either told no, or that the prices were too high, or the location’s demographics

were not favorable for us. We were beyond fortunate to be able to get the building and location we are at now. It was a matter of the right place, right time,” says Hewatt.

The next steps were obtaining city, county and state permits; demoing and building out the space; setting up an LLC; getting city and county business licenses; building inspections and obtaining insurance. Julian states, “The very best advice I can give to any possible entrepreneur would be, *do your research*; become an expert on your endeavor. Do not rush, take your time, and do it right. The more you put in, the more it will

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show. Lastly, *don't give up*. There will be a ton of obstacles, set backs, discouraging moments, and some things just happen. That's okay, it's all part of business, and a part of life, if you have a dream, go out and make it happen."

Axe throwing can become addictive but for those that have never tried it the axe-perts at **Hard Axe Lounge** are there to walk their clients through the process. Each group, or participant can book a 1-hour or 2-hour session (plan to come 15 minutes prior and wear closed toed shoes). Once the mandatory waiver is signed (don't let this scare you) participants will be introduced to their Axe Throwing Coach. They show how to properly hold, maintain, handle and throw the axe. Once customers feel comfortable throwing their axes, it is time to play, with the comfort of knowing the coach will be available to them for help, to teach games, keep score, and if needed, to play with or against the participant. "This is an experience like none other and I promise we will give you the axe-perience of a lifetime," says Julian.

Hard Axe Lounge will be available to groups such as: team building; corporate parties; bachelor/bachelorette parties; divorce parties; birthday parties; etc. They will also host 8-week-long leagues, individual and team leagues.

Julian is excited to bring this unique form of entertainment to downtown Fort Pierce. "The vibe and energy down here on a typical Friday or Saturday night is amazing. A person could park in one of our two free parking garages, or free lots, get out and stroll. You could have dinner at one of our many restaurants, then stroll onto one of our bars for a drink. Maybe go see a show at the historic **Sunrise Theatre** or just enjoy the scenery of the historic buildings or the beautiful views of the Riverwalk. We have museums; we have art galleries; we have

breweries; we have deli's; we have bars; we have restaurants; we have a theatre; we have bakeries; we have sweets; we have shops; we have barbers; we have beauty bars; and soon will have axe throwing! The best part is it's all within walking distance."

The **Hard Axe Lounge** is located at 200 N 2nd Street (just north of **Sailfish Brewing Company**). It will be open 7 days a week; Monday – Thursday from 12 p.m. – 11 p.m.; Fridays 12 p.m. – 12 a.m.; Saturdays, 10 a.m. – 12 a.m.; Sunday, 10 a.m. – 9 p.m. For more information, find them online at www.hardaxelounge.com, or on Facebook (Hard Axe Lounge) and Instagram @hardaxelounge; phone 772-448-8118. ❖



Worship Facebook Live Sunday 9:30 a.m.



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- 🔥 COVID-19 commercial payment plan with zero percent interest and up to 6 months to pay.
- 🔥 Project Care COVID-19 Relief Fund to help residential customers. Call Mustard Seed at 772-465-6021 or the ALPI appointment line at 844-356-8138.

Connect with Customer Service

- 🔥 The Customer Service Call Center is open Monday - Friday, 9 am - 5 pm, and can be reached at 772-466-1600, extension 3900. We urge customers with a past-due balance to call and set up payment arrangements to avoid assessment of late fees and disconnection of services, which resume on July 27, 2020.
- 🔥 Please call 772-466-1600, extension 3900 to request an individual appointment with a customer service representative.
- 🔥 The drive-thru window located at 206 S. 6th Street is open Monday - Friday, 7:30 am - 5 pm.

Visit www.fpu.com for details and latest updates.

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Want to Win a Shopping Spree in Downtown Fort Pierce?

On Saturday, July 25th, the merchants of downtown Fort Pierce are hosting a spectacular *Christmas in July* shopping event. They are working hard to build a downtown Shopping Spree Giveaway that currently has over a \$500 value and is continuing to climb higher daily! To earn tickets for the shopping spree all participants need to do is come downtown and take selfies in their Christmas shirts in all the new parklets. Each parklet selfie (1 per each downtown establishment) earns 1 ticket. The more parklets you visit the more chances you earn to win. Winner takes ALL and participants must be 18 years old or older to win.

When participants complete their Christmas in July shopping and parklet selfies, they can pick up their Shopping Spree tickets by bringing their phones to Notions & Potions by 6 p.m. to show proof of the parklet selfies. The drawing will be held at 6:30 p.m. on Facebook Live (you do not have to be present to win). Don't worry if you cannot take a selfie, the small business owners are there to help.

There will also be an *Ugly T-Shirt Contest* that can be entered by uploading pictures on Facebook and Instagram with the hashtags #xmasin-july2020 #downtownfortpierce. This is a fun, outdoor event that participants can enjoy while utilizing social distancing practices.

Don't miss *Christmas in July* in downtown Fort Pierce – Saturday, July 25th from 10 a.m. to 6 p.m. ❖

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The Church has Left the Building

Misinformed people often comment that older people and institutions are slow to make a change. Now there is some truth that the giddy-up in older people and institutions is not as fast as some folks who laugh in the face of risk and change, but there is wisdom in moving slowly while facing change.

Yet, **First UMC of Fort Pierce** proved that this 150+ year-old church still has game when the COVID 19 required her to change the way she conducted worship.

On March 15th, we gathered for our last in-person worship service, as we moved on online worship by March 22nd. Like many churches, we started with a basic understanding — this is the Internet, this is Facebook Live. It was apparent we were newbies with forehead shots and sideways videos. But as we continue online worship services, we are getting the hang of taking the church on that superhighway called the Internet.

The congregation has been phenomenal throughout this experience. Chatting and Zooming has replaced words like social-distancing and quarantining. We have also discovered that while not everyone is as cool and hip as the people of Fort Pierce, there are a lot of cool and hip people in this world. We realize this because we have experienced people from all over join us for Sunday live worship and our daily midday prayer services. We will hope to return to our in-person worship on June 21st, but even after we return to the sanctuary, we intend to continue streaming our worship services.

So, if you want to hang out in your home on a Sunday morning around 9:30 a.m. and worship with some really cool and hip people, we invite you to join us online. Still, if you really want to see these amazing people get their giddy-up, up, you should join us for live worship in our beautiful sanctuary. To learn more check us out at www.Umatter2GodandUs.com. ❖



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Please Take a Minute to Join Today!

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

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Company/Organization: _____

Street Address: _____

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Phone: _____ Email: _____

Summertime 2020 at the Market

Summertime, and the living is not easy. That's not how the song goes. The **Downtown Fort Pierce Farmers Market** continues to provide the community with fresh nutritious foods and horticultural products, and to provide and encourage commerce and trade to Fort Pierce and the surrounding areas in these trying times.

Every Saturday morning, rain or shine, vendors begin setting up at **Lawnwood Recreation Complex** before the sun rises. The fickle weather forecast could mean a bright sunny day or a brief heavy downpour, overcast skies or even continuous rain — all accompanied by the ever-present humidity. Vendors come prepared for any kind of weather. They look forward to seeing their regular customers and catching up on the latest bits of news from fellow vendors. By the 8:00 a.m. opening time, most have been there for more than an hour and are more than ready to get going.

Through the hardship of the restrictions of the Covid-19 pandemic, vendors at the **Downtown Fort Pierce Farmers Market** have managed to maintain a congenial, although somewhat subdued, atmosphere at the Market. They prefer to be located near their regular neighbors and customers seem to enjoy having their favorites situated near each other. **Gruwell Apiary**, also known as **Buzz On In**, and **Brenda's Mix-a-Lotta Hot Sauces** are always side by side with **Lucky Onion Dip Mixes** and **Kat's Southern Twang** jams, jellies and sauces nearby. Start your morning with a cup of fresh brewed coffee from **First Wave Coffee Roasters**. **PJ Honey Ranch** and **B-More Crabcakes**, along with **Seaside Smoothies** and **Doc's Popcorn** which all complement each other. **Oils Originals**, **Chong Smith Plants**, and the **Palm Queen** create beautiful scenes and scents for all near their tents. **Granny Gail's Goodies** and **Broken Plow Farms** satisfy the sweet tooth out there. **Broken Plow** also brings a variety of locally grown summer produce. Can't forget about the pampered pooches out there—**Dog Days Barkery** has a tantalizing array of homemade treats for your favorite pet. On the north side of the Market, **Local Seas Fisheries** has fabulous shellfish, while **Gibbons Organics** continues to bring locally grown certified organic vegetables

and fruits. The **Mushroom Guyz** and **A&E Family Farms** can round out anyone's grocery list while **Okeechobee Farms**, with grass-fed beef, pork and lamb provides healthy alternatives for better lifestyles.

Each week, the **Downtown Fort Pierce Farmers Market** makes sure that while maintaining social distancing the market atmosphere continues to be part of your Saturday morning tradition. Vendors are required to wear masks and use gloves in compliance with safety regulations, and of course patrons are encouraged to wear masks as they drive through the lineup. Stopping at a tent with windows down signals that there is interest in the vendor's products. For those who have preordered or know exactly which vendors they want to purchase from, using the left lane to bypass stopped cars is an ideal way to keep the flow moving. Because this is a drive-through format, customers are requested to remain in their vehicles; vendors are more than willing to bring menu lists or purchased items to them.

The **Downtown Fort Pierce Farmers Market** is keenly aware of the ongoing threat of Covid-19. The Board and the vendors wish you good health and are grateful for your continued support.

The **Downtown Fort Pierce Farmers Market**, from 8 a.m. until 12 p.m., rain or shine, a Saturday morning tradition since 1997! Follow us on twitter, instagram and facebook. Check out our website www.fortpiercefarmersmarket.com. See you there! ❖

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How the City of Fort Pierce is Moving Forward in this “New Normal”

by *Sheritta Davis Johnson*



The City is steadfast in its commitment “to provide community leadership, quality public service, and a safe environment for all citizens, by an empowered team of employees motivated by pride in themselves and their work.”

In response to COVID-19, the global pandemic that has shifted everyone into a “new normal,” the

City has taken the necessary precautions to maintain the safety of our citizens. Such precautions include (i) granting access to some facilities via appointment only; (ii) opening facilities where social distancing can be safely practiced; (iii) recommending that those that are granted access to City facilities wear masks; (iv) providing cloth masks upon request; (v) and conducting temperature checks.

Current public access to City facilities is as follows:

- ✓ City Hall – Open by appointment only.
Call (772) 467-3000
- ✓ Sunrise Theatre – Open and practicing social distancing.
- ✓ Police Department Main Station and Substation – Open by appointment only. Call (772) 467-6800.
- ✓ City Marina – Open to the public and practicing social distancing.

- ✓ Indian Hills Golf Course – Open to the public and practicing social distancing.
- ✓ Beaches – Open.
- ✓ Parks – Open.
- ✓ Boat Ramps – Open.

It’s important that during this time, we all remember the BASICS:

- ✓ Clean your hands often, either with soap and water for 20 seconds or a hand sanitizer that contains at least 60% alcohol.
- ✓ Avoid close contact with people who are sick.
- ✓ Put distance between yourself and other people (at least 6 feet).
- ✓ Cover your mouth and nose with a cloth face cover when around others.
- ✓ Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- ✓ Clean and disinfect frequently touched objects and surfaces daily

Though COVID-19 has changed the way that we live and interact with one another, the precautions that we take, allow us to move forward in business and in our personal lives. The City of Fort Pierce is moving forward. Be sure to stay connected as changes are bound to occur. ❖




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Love, JAZZ & Community: How Do You Keep the Music Playing?

by Don Bestor

At his 90th birthday celebration, superstar Tony Bennett covered a version of a song made famous by Patti Austin and James Ingram called “How Do You Keep the Music Playing?” The song was originally written by Michel Legrand with lyrics by Alan and Marilyn Bergman, and despite being 90 years old, Bennett brought down the house with his rendition, answering the song’s questions with his inimitable charm and style. “How do you keep the music playing? How do you make it last? How do you keep the song from fading too fast?”

For the last few months, we’ve all been asking our own versions of the same questions, trying to keep things moving along despite challenges none of us ever imagined or experienced before. And while there have been plenty of obstacles and frustrations, confusion and chaos, we’ve all been doing the best we can to get by and to find the strength and resources to help each other out. At **Fort Pierce Jazz and Blues Society**, we’re no different. Most of us have lost our source of income, our favorite emotional release, and even some beloved friends and colleagues because of the COVID-19 crisis; however, what we have not lost is our desire to help our community. It’s what we have done for more than twenty years. But we could sure use a little help.

It feels like forever, but it was only a few months ago that we were ‘walking on sunshine’ at **Fort Pierce Jazz and Blues Society**. The weather had gotten better, and the rain had stopped, so the **Jazz Market** was picking up, and we were in the final planning stages for **Jazz Week 2020**. And then came COVID-19, and within a couple of days, the **Jazz Market** was shut down indefinitely, our entire **Jazz Week** plans were thwarted, and even our intimate weekly jam sessions at the **Black Box** and **Port St. Lucie Botanical Gardens** were canceled.

Having all of those things taken away was quite literally like having the rug pulled out from beneath us, and not only are we missing the music and our wonderful supporters and audience,



Fort Pierce Jazz and Blues Society has taken a huge financial hit. We are a 100 percent volunteer organization which runs on our own gifts of talent and time, and the donations you make to us and on the **Saturday Morning Jazz Market** we present each week with vendors from across the state sharing their artisan talents and skills.

All of us at **Fort Pierce Jazz and Blues Society** are committed to keeping the organization afloat and continuing to provide live music, culture, mentoring, master classes, and great music to the community, and each of us has made as much of a donation as we are able to help keep things going. We make a point all year long of offering plenty of free concerts, dances, and opportunities for the community to enjoy live music and culture right here at home. Just as you’ve supported local restaurants and small businesses during the last few months, we hope you’ll also find it in your hearts to support **Fort Pierce Jazz and Blues Society** with a small (or gigantic) donation to help us “keep the music playing.” To donate, volunteer, or learn more, you can follow us on Facebook at Twitter, call us at 772.460.JAZZ, or find us at www.jazzsociety.org. ❖

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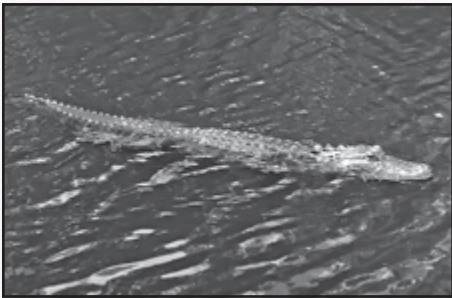
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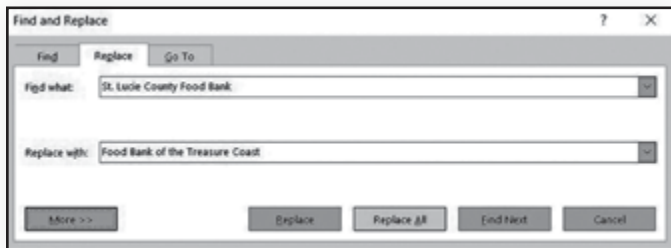
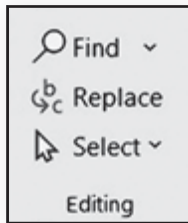
by Sue Dannahower

SEARCH & REPLACE — PART 1 —

The “Search & Replace” feature is so powerful that I’m going to write about “Search & Replace” for several months. Most of the tips can be used for both Word and Excel.

Exchange One Text String for Another: Word Scenario — You typed a document that contains multiple references to *St. Lucie County Food Bank*. You later realize it should be *Food Bank of the Treasure Coast*. Instead of going to each of the references and making the change you can simply use Search & Replace.

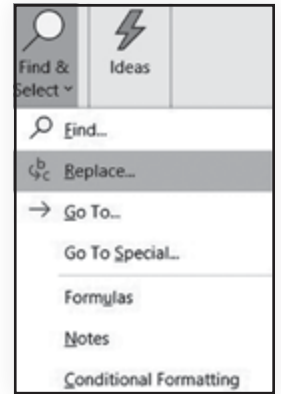
- Position your cursor at the beginning of your document.
- On the **Home** Ribbon, right hand side you will see **Replace**
- Click **Replace**
- Enter the information you see below and click **Replace All**



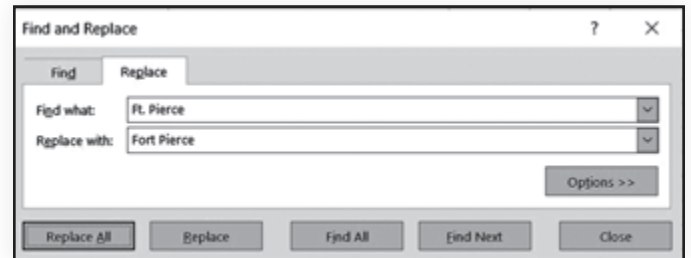
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Excel Scenario — You inherited a spreadsheet that has a “city” column. Someone has abbreviated, *Ft. Pierce*. You want to spell out *Fort Pierce*.

- Highlight the “city” column.
- On the **Home** Ribbon, right hand side you will see **Find & Replace**
- Click on **Find & Select**
- Click **Replace**
- Enter the information you see below and click **Replace All**



Happy computing. ❖



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How to Choose Productivity Software That Empowers Employees

by Anita Campbell on www.sba.gov



Only 34 percent of workers in the U.S. say that they're fully engaged at work, which is actually an increase from past years. This leaves a lot of room for employers to improve.

The software you use to collaborate with and manage employees can make a major impact on their engagement and productivity. Each company and team will have different needs when it

comes to productivity software. But if you want your employees to feel empowered to do their best work and stay engaged with your mission, here are a few things to think about.

Make Sure It's Adaptable to Different Working Styles

Not all employees work the same way. Some may prefer to work independently and just share brief thoughts via instant messages or collaborate on documents virtually. Others may prefer to schedule phone calls or just use software to set up in-person meetings. Your ideal software will offer options that allow people to choose the styles that allow them to work in the way that's most productive for them.

Use It to Share Big Goals with Team Members

Your productivity software doesn't have to just be about small, day-to-day tasks. For example, many project management programs give users the ability to add big goals and then break them down into smaller tasks. In addition to keeping you organized, this feature can also help your team better understand what they're working toward. In fact, the vast majority of today's employees value meaningful work in their job. Seeing those big goals daily can help them feel more connected to seemingly small tasks.

Encourage Two-Way Communication

The software programs you use to manage your team shouldn't just be about you sharing information with them. If you want them to feel empowered at work, they should also have an easy way to get in touch with you or other members of your management team. Different types of software can do

this in different ways. You might just choose one with a chat feature or look for the ability to add comments or feedback to a specific document or project. Make sure there's a specific process available for employees to get in touch with you and make it known to them.

Support Telecommuters

More than 3 percent of the U.S. workforce currently work from home at least half the time. But more businesses are starting to offer this as an option. According to a recent survey, nearly half of employees and job searchers say that opportunities for remote work are important to them when choosing a job. Providing telework opportunities could help you recruit top talent and keep them engaged and happy at work. Features like video chat, real time updates, and the ability to host virtual meetings can help make sure employees are productive even when they're not sharing a physical space with the rest of your team.

Ask for Their Input

Sometimes, the answer to keeping employees happy and making them feel empowered is simple: just ask them. Sure, it's possible that they may not know the answer or different members of your team may have vastly different requests. But it's important to at least get a feel for what people are looking for and what types of programs or features would help them with their day-to-day productivity. You don't even necessarily need to ask them about software specifically. You could simply survey your team on occasion to ask about areas where they feel you could improve in your operations. If you notice a trend, try to dig in and learn more so you can really nail down the things that would help your team, and thus your business, be as productive as possible.

About the Author: Anita Campbell, SBA Blog Contributor, runs online communities and information websites reaching over 6 million small business owners, stakeholders and entrepreneurs annually, including Small Business Trends, a daily publication about small business issues, and BizSugar.com, a small business social media site. ❖



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What are Hearts of Palm?

Hearts of palm are cut from the core of a handful of palm tree species native to South and Central America. After harvesting, they are cut into cylinders or sliced into rings and packed in water or brine. They look like smooth, thick white asparagus spears and are often said to taste like artichokes. The delicate flavor of hearts of palm makes them a popular choice for salads, but they can also be braised, fried, or boiled.

Nutrition and Benefits — Hearts of palm are low in calories and fat and are cholesterol free. They also provide a good source of vitamins such as zinc, potassium, and vitamin C. However, because canned hearts of palm are often processed with salt, the sodium content may be high. Therefore, it is suggested to rinse them before use.

How To Use — Think beyond salads when reaching for that jar of hearts of palm. They can be roasted whole and tossed in a sauce, cut up and sautéed for taco fillings, or shredded and formed into patties as a satisfying, vegetarian alternative to crab cakes.

What Do They Taste Like? — Hearts of palm have a delicate, slightly nutty, vegetable flavor often compared to artichokes. Their texture is both creamy and crunchy, making them adaptable to a variety of dishes.



Ask A Coach: Christine Davis

When I am asked why I do CrossFit, my typical response is why don't you? I continue to describe CrossFit in one phrase, Well-Rounded. CrossFit is an exercise program that can make you well-rounded at everything, which includes varying functional movements executed at your best ability. These are exercises created for practical use in the outside world. You learn to lift your own body, you learn to lift heavy stuff like weights, you run, you jump, and it's challenging. It isn't about doing the same workout every time, but always striving to do the best workout you've ever done. The internal competition is a lot more motivating than plugging in your headphones and zoning out.



CrossFit is tough. But nothing worthwhile is ever easy, right?

The goal is to get people as fit as possible in the gym in order to help them outside the gym. It's to help them do things like lift up their grandkids, pick up boxes or go on a hike. You do CrossFit so that you can excel at all of those other things.

So then Why **CrossFit Fort Pierce**? I was told about CrossFit over ten years ago, so I tried one "box" and I felt out of place, like the members and the coaches couldn't be bothered with me. It made showing up for classes dreadful. Then for my 40th birthday, my gym buddies gave me a gift certificate to **CrossFit Fort Pierce** and I did my first week of foundations. I was hooked. The coaches genuinely cared about me, the one



who did not know what a thruster was, or snatch. The members were friendly and didn't exclude you from the class because

you were the new kid. Nine years later, it's fair to say that CrossFit and **CrossFit Fort Pierce** has defined my life. I love the fact that **CrossFit Fort Pierce** does not fit the stereotype. One thing about **CrossFit Fort Pierce** is we are not a gym full of ultra-competitive jocks. We've got awesome members and our members are not your stereotypical Crossfitter.

CrossFit Fort Pierce is in itself its own community. You have friends cheer you on and push you to succeed, which is an unbelievably powerful force. The energy in **CrossFit Fort Pierce** is un-

believably positive, and in many ways, those vibes can be as beneficial to you as any other aspect of your workout.

The coaches at **CrossFit Fort Pierce** don't take the lifestyle too seriously or too far, like the annoying salesman. But the coaches do share their opinions and encourage you to be a better you. **CrossFit Fort Pierce** encourages getting fit in healthy ways and training smart and knowing your limitations. At **CrossFit Fort Pierce** everyday people are showing up and are pushing themselves to get better.

Your fitness goals can be met with the careful guidance of Coach Christine (Tini) and the rest of the **CrossFit Fort Pierce** coaches. Start your progress today by calling 772-252-4355. ❖

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Recipe Corner

by Sue Dannahower

Cool Summer Salads

Heart of Palm and Tomato Salad

Salad

- 1 14-ounce can heart of palm, rinsed and drained
- 2 Vine ripe tomatoes
- 1 Avocado
- 1 Juice of lime
- 4 Lettuce leaves
- Basil for garnish

Vinaigrette

- $\frac{3}{4}$ cup olive oil
- $\frac{1}{3}$ cup wine vinegar
- $\frac{1}{4}$ cup orange juice
- 2 Tablespoons Dijon mustard
- 2 cloves garlic, crushed
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ teaspoon pepper

Slice the heart of palm. Dice tomatoes and avocado into small pieces. Place in a bowl, sprinkle with lime juice, toss lightly, and cover. Refrigerate for one hour. In a small bowl, combine olive oil, vinegar, orange juice, mustard, garlic, salt and pepper with wire whisk until well blended. Line individual salad plates with lettuce leaves. Arrange the heart of palm/tomato mixture on top of leaves. Pour vinaigrette over mixture and garnish with basil. *Serves 2.*



Mandarin Orange Salad

Salad

- $\frac{1}{4}$ cup almonds, sliced
- 1 Tablespoon sugar
- $\frac{1}{4}$ head lettuce, torn
- $\frac{1}{4}$ head of romaine lettuce, torn
- 2 medium stalks celery, chopped
- 1 small red onion, cut in rings
- 1 15-ounce can mandarin oranges, drained

Sweet & Sour Dressing

- $\frac{1}{4}$ cup oil
- 2 Tablespoons Sugar
- 2 Tablespoons Vinegar
- 1 Tablespoons snipped parsley
- $\frac{1}{2}$ teaspoon salt
- Dash of pepper
- Dash of red pepper sauce

Cook almonds and sugar over low heat, stirring constantly, until sugar is melted and almonds are coated. Cool and break apart. Toss lettuces, celery, red onions, and oranges in a large bowl. Mix all dressing ingredients together and toss with salad. Top with almonds. Serve immediately. *Serves 6.*



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Downtowns have the advantage of offering many spacious solutions for shopping and dining. Last month, in an effort to create more space for diners and customers, a section of 2nd Street was closed during the weekend to vehicular traffic from Orange Avenue to Marina Way. In a partnership with the City of Fort Pierce, businesses were permitted to expand their physical space to the parking spot(s) in front of their location. **Parklet** programs have been used in many Main Street downtowns and downtown districts to increase community vibrancy and pedestrian safety. Now the concept has an added functional purpose – to increase space for customers in the wake of COVID-19. The merchants and restaurants of downtown Fort Pierce are actively making adjustments to give their customers peace of mind while shopping or dining out.