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PRESIDENT'S MESSAGE

Summer Happenings in Historic Downtown

by Donna Sizemore



It feels as though the summer just flew by this year and now it's almost time for school to begin. Please remember to take advantage of all the downtown shops and boutiques when back-to-school shopping.

A shout out to *Main Street Fort Pierce* and the *City of Fort Pierce* for the fabulous display of fireworks on the 4th of July. The reflections on the Indian River were spectacular! A little taste of paradise for sure.

The *Fort Pierce Police Department* has been invited to the *Downtown Business Associations* (DBA) monthly meeting to discuss concerns and solutions to road blockage during Donald Trump's trial. It's important that downtown businesses and restaurants be easily accessible during this time, and everyone is working together to find solutions.


Mark your calendar! *Coffee with the Mayor* is back! Join Mayor Linda Hudson and *Main Street Fort Pierce*, on September 15th at 8:00 a.m., for *Coffee with the Mayor*. The event is held the third Friday of the month (September through May) at the **Fort Pierce Yacht Club** in downtown Fort Pierce and is a positive networking experience for those that attend. Businesses, community organizations, and newcomers to the area are welcome to share information about upcoming events or activities occurring in the Treasure Coast region.

We are excited to announce that *Main Street Fort Pierce* has been selected to host the *Main Street State Meeting* on September 17 – 19, 2023. Over 50 folks from around the state will be here to visit and tour our beautiful downtown.

On a sad note, we want to pay our respects to former Sheriff Bobby Knowles who passed away in July. Over the years, his contributions to *Main Street Fort Pierce* extended from volunteering as a guide at our annual *Ghost Walk* to donating his time and funds for the delicious BBQ dinners that were raffled off during the year. We appreciated his support and his friendship. Rest in Peace, Bobby. You will certainly be missed.

We hope to see you at *Friday Fest*, which is always the first Friday of each month. It's been a long and hotter than normal summer — stay hydrated. ❖

“Please remember to take advantage of all the downtown shops and boutiques when back-to-school shopping.”



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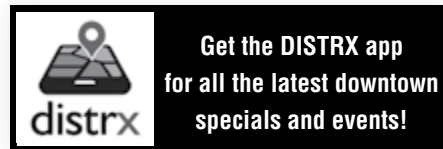
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Calendar

Dine, Shop and Enjoy Beautiful, Historic, Downtown Fort Pierce!



MONTHLY EVENTS

August 4, Friday: FRIDAY FEST AT MARINA SQUARE — 5:30 to 8:30 p.m.; live music by **Dave & The Wave**; sponsored by Cobbs Landing and Little Jims restaurants; **Please remove all vehicles from the permitted Friday Fest road closure area (Marina Way & Melody Lane) by 2:00 p.m.**; Facebook—Main Street Fort Pierce, 466-3880; mainstreetfortpierce.org.

August 18, Friday: ARTWALK — 5 to 8:00 p.m.; Various studios and shops open throughout the downtown area; artstlucie.org.

WEEKLY EVENTS

Wednesdays: Wednesday Green Market & Food Co-Op — rain or shine 12:00 to 6:00 p.m., Downtown Marina Square; 971-8480.

Saturdays: The Jazz Market — 8:00 a.m. to 1:00 p.m.; north side of the Downtown Fort Pierce Library; Jazz & Blues Society, 460-5299, jazzsociety.org.

Saturdays: Ft. Pierce Farmer's Market — 8:00 a.m. to Noon; Marina Square on Melody Lane; Market Manager, 940-1145. **LIVE MUSIC DOWNTOWN**

Wine Down Wednesday

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Tuesdays: Jazz Jam at the Sunrise Black Box Theatre — 7:00 to 10:00 p.m.; 460-5299; jazzsociety.org.

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SUNDAY DOWNTOWN CHURCH SERVICES

Common Ground Vineyard Church; 460-5414, commongroundvineyard.com.

First Church; 464-0440, firstchurchfp.org.

Fort Pierce Haitian United Methodist Church; 940-6728, haitianmethodist.org.

Notre-Dame Mission Catholic Church; 466-9617, notredamecc.com.

St. Andrews Episcopal Church (founded 1893); 461-5009 mystandrews.org.

COMMUNITY INFORMATION

A.E. Backus Museum
772-465-0630 • backusmuseum.com

Bud Adams Gallery of Historical Photographs
772-462-1795

2nd Floor of P.P. Cobb Building

Fort Pierce Police Athletic League
772-370-6162 • fortpiercepal.com

Volunteers needed: 772-466-0606

Fort Pierce Jazz & Blues Society
772-460-5299 • jazzsociety.org

Fort Pierce RiverWalk Center
600 North Indian River Drive
772-489-6473 • cityoffortpierce.com

Heathcote Botanical Gardens
772-464-4672
heathcotebotanicalgardens.org

Manatee Observation & Education Center
772-429-6266 • ManateeEducationCenter.org

National Navy UDT-SEAL Museum
772-595-5845 • navysealmuseum.org

St. Lucie County Marine Center
772-462-3474
stlucieco.gov/marine_center

St. Lucie County Regional History Center
772-462-1795 • stlucieco.gov/history

AUGUST: HAPPINESS HAPPENS MONTH

AUGUST 1: HOMEMADE PIE DAY

AUGUST 2: NATIONAL COLORING BOOK DAY

AUGUST 3: NATIONAL WATERMELON DAY

AUGUST 4: NATIONAL CHOCOLATE CHIP COOKIE DAY

AUGUST 5: NATIONAL OYSTER DAY

AUGUST 5: SANDCASTLE DAY

AUGUST 8: NATIONAL FROZEN CUSTARD DAY

AUGUST 14: NATIONAL CREAMSICLE DAY

AUGUST 14: NATIONAL SPIRIT OF '45 DAY

AUGUST 16: NATIONAL TELL A JOKE DAY

AUGUST 19: INTERNATIONAL GEOCACHING DAY

AUGUST 20: NATIONAL BACON LOVERS DAY

AUGUST 24: NATIONAL WAFFLE DAY

AUGUST 24: NATIONAL PLUTO DEMOTED DAY

AUGUST 30: NATIONAL BEACH DAY

Summer Wine Tasting Series at Casa Pasta

by Dale van der Lugt

For a unique and special evening out, try one of **Casa Pasta's Friday Night Wine Tasting** events. **Casa Pasta** is in



The Galleria at Downtown Fort Pierce and is a family run authentic Italian Cucina. Each wine tasting event is special and different on its own due to the varying wines sampled and the delectable dishes provided by the **Casa Pasta** Cucina. I recently had the distinct opportunity of participating in the first wine tasting session offered at **Casa Pasta** and found it to be educational and delightfully entertaining. It was the first of a series and is already growing a following with sold-out events.

Rodrigo Eboli, who procures the wines for the restaurant, leads the tastings, and makes them fun and interactive. During the first step in the wine tasting, the visual aspect, he encourages conversation amongst all guests at the table and sets everyone at ease. You'll find not everyone's reactions are the same and as Rodrigo explains, it's all about each person's experience and since our taste buds are different, no two will be the same. He stresses the most important thing is for everyone to have a good time.

Casa Pasta Head Chef Patricia Albornoz pairs a different menu for each tasting and along with her son, Sous Chef Mattias Asenjo, prepares a surprising culinary selection for a wine tasting that is both delicious and filling. Dishes like a potato tortilla and chistorra bruschetta, chicken and shrimp roll with black rice and strawberry puree with ice cream and black pepper are an example of just one of the wine tasting menus that will tease your palate and leave you wanting to taste more of what this Italian Cucina has to offer.

Keeping to their core mission of providing a "unique time and feeling," this family-run business does not disappoint in this affecting experience. With this being the first of the **Summer Wine Tasting** series at **Casa Pasta**, I can only imagine it will get better with time, just as the old saying goes.

Casa Pasta is located at 100 S. 2nd Street inside **The Galleria at Downtown Fort Pierce**. Their website is <https://fortcasapasta.com>. Follow them on Instagram @casapastacucina and Facebook @casapastaristorante. Pricing for each wine tasting is unique to the culinary menu and wine chosen for the tasting. For reservations call 772-882-4984. ❖

Main Street Fort Pierce Receives State Award



Doris Tillman, *Main Street Fort Pierce Manager*, accepts *Preservation on Main Street* award from Secretary of State Cord Byrd. *Main Street Fort Pierce* was recognized for being 35 years old at the 2023 State Conference, co-organized by *Florida Main Street* and *Florida Trust for Historic Preservation*. ❖

Fort Pierce Named 2023 Municipal Youth Council Community Service Contest Winner



The Florida League of Cities (FLC), the united voice for Florida's municipal governments, announced the **City of Fort Pierce Youth Council** as one of three winners of the 2023 *Municipal Youth Council Community Service Contest*. The annual competition showcases community service projects performed by municipal youth councils that successfully address specific needs in their local communities.

Municipal youth councils are special councils that typically serve as advisory boards to local governments. They are composed of high school students within the city and are sometimes referred to as youth corps, teen advisory boards or mayor's youth councils.

"It is inspiring to see our future leaders taking action and making a positive impact in their communities," said FLC President Jolien Caraballo, Vice Mayor for the City of Port St. Lucie. "The Florida League of Cities is proud of the work these students are doing to support and improve their cities. On behalf of the League, congratulations to this year's contest winners!"

The **Fort Pierce Youth Council** planned, coordinated and hosted the *Empower Youth!* community event in partnership with the *Boys and Girls Clubs of St. Lucie County*, **Indian River**

State College and the *Children's Services Council*. The event aimed to empower and educate local youth about financial literacy, mental health, career development and future planning in a conference-like setting. It addressed issues and concerns encountered by their peers. **Youth Council** members worked diligently to promote the event, secure sponsorships, garner community support and engage youth from diverse backgrounds. Their efforts resulted in the event surpassing their goal of 100 attendees. The event provided an environment where youth were equipped with skills to help them advance. Parents/guardians were provided tools to help youth achieve their goals by introducing them to the wealth of resources available in the community.

The *City of Alachua Youth Advisory Council* and the *City of West Park Youth Council* were also named winners in the state-wide competition. Contest winners will receive a trophy and be featured by the League's award-winning magazine, *Quality Cities* (QC), as well as on the League's website and social media outlets.

For more information on the winning projects, visit *Municipal Youth Councils* (floridaleagueofcities.com). ❖

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Mayor's Message Coming Soon: High-Speed Brightline

by Linda Hudson, Mayor, City of Fort Pierce



trains through our city.

There are no stops on the Treasure Coast, for now, but **Brightline** has indicated there will be one in the future. One way to slow the trains down is to locate a station in Fort Pierce. Our city has strong backing from St. Lucie County leaders and residents for a Treasure Coast stop in the future. Incorporated in 1901, Fort Pierce was a major rail stop because it is situated about halfway between Jacksonville and St. Augustine to the north and Miami to the south. Fort Pierce is the geographic center of the Treasure Coast.

Fort Pierce is a business-friendly city. In the past, our city leaders have actively sought railroad stops in Fort Pierce, including AMTRAK, Tri-Rail and now **Brightline**. Fort Pierce includes the Port of Fort Pierce, and the nearby **Treasure Coast International Airport**, both of these assets bringing commerce and jobs to our area. Fort Pierce is where the Florida Turnpike meets the Atlantic Coast and Interstate 95; St. Lucie County alone has eight I-95 exits.

Brightline is scheduled to begin Bits high-speed rail travel from Miami to Orlando, with stops at Aventura, Fort Lauderdale, Boca Raton, West Palm Beach and Orlando sometime in September. The City of Fort Pierce cautions all residents and visitors to be alert to the higher-speed

There are more than 329,000 people in St. Lucie County, which could grow to nearly half-million by 2045. A train stop in Fort Pierce makes good business sense for **Brightline**, and would be a critical game-changer for the region. With Miami to Orlando service about to begin, **St. Lucie County's Transportation Planning Organization** (TPO) approved \$356,000 for a conceptual design of a Fort Pierce station. The City Commission will be working with the TPO on this project, aimed at demonstrating our commitment for a stop.

Fort Pierce has not been idle since the high-speed rail project was announced in 2012. Our commission and staff have consistently worked with **Brightline** officials to show enthusiastic support for a brighter future for Fort Pierce with a Treasure Coast **Brightline** station. Until then, be safe and alert for higher-speeding trains on the Treasure Coast. ❖

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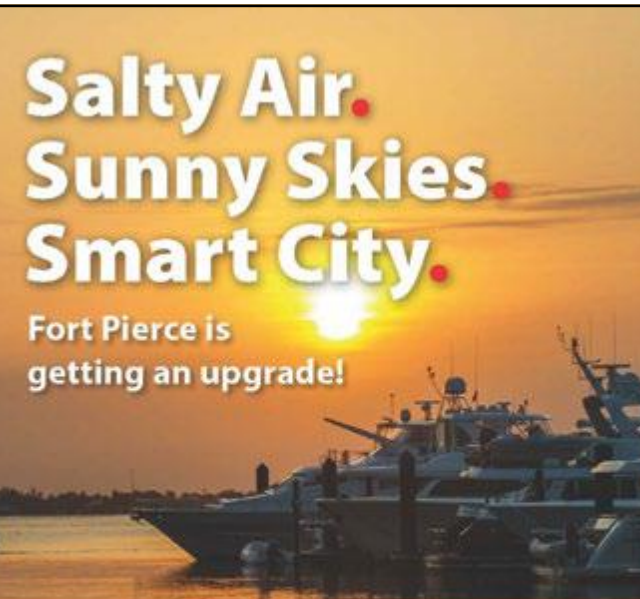
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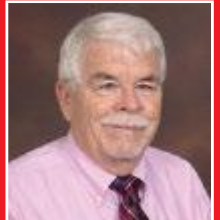
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Become A Member

It Takes All of Us to Make Our Historic Downtown Prosper and Grow!



Main Street Fort Pierce wants to invite you to become a part of the renaissance of our Historic Downtown area. Over the past twenty-nine years, we have worked to repair streets and sidewalks, upgrade storefronts, renovated the Sunrise Theatre, Old City Hall and the Platts Backus House, sponsor charrettes to design a downtown "Master Plan," built the Manatee Observation and Education Center and so much more! Annually, Main Street Fort Pierce sponsors over 30 events — most which are free of charge.

Yet there is still so much more to be done! We need you to be involved in our continued planning for the area. Become a member and support Main Street financially. We rely on the participation and the voluntary annual dues from our members to accomplish our goals and complete our projects.

Whether you own a downtown business or you just love Historic Downtown Fort Pierce, we need your energy and support to continue to rejuvenate our community's heart and soul.



Why Main Street Fort Pierce?

- Downtown Fort Pierce is an important employment center.
- The area is a reflection of the community image.
- Locally owned businesses keep profits in town and support other local businesses and community projects.
 - A vibrant downtown creates a feeling of "hometown pride" and sense of place.
- The downtown district is a public gathering area, where parades, special events, and celebrations are held in a unique setting.
 - Community character and historic integrity cannot be recreated.

What are Membership Benefits?

- Your membership dues are an investment in the future of Historic Downtown Fort Pierce, helping us to sponsor improvements and events throughout the year.
- Members receive advanced notice and invitations to special events.
 - You will receive the monthly subscription to *Main Street Focus* magazine and links to *Focus On-Line*.

As a member of *Main Street* you are automatically aligned with others who want to preserve the past and influence the future of Fort Pierce. You can belong to Fort Pierce *Main Street* at one of eight different membership levels, starting at just \$15.

Main Street Membership Levels

Benefactor Levels	Community Levels	Corporate Levels
Headline Sponsor (\$1,000) Patron Sponsor (\$500)	Main Street Friend Membership (\$25) Main Street Family Membership (\$50)	Main Street Small Business Membership (less than 10 employees) (\$100) Main Street Medium Business Membership (11-50 employees) (\$250) Main Street Large Business Membership (51 or more employees) (\$500)

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.

Name: _____ Membership Level: _____

Company/Organization: _____

Street Address: _____

City / State / Zip: _____

Phone: _____ Email: _____



Become a Member of Main Street Fort Pierce

Three Easy Ways to Join!

- 1 – Call Main Street Fort Pierce at (772) 466-3880
- 2 – Visit our Website at www.mainstreetfortpiece.org, click the membership link
- 3 – Fill out the membership form and mail to:

Main Street Fort Pierce
122 A.E. Backus Ave.
Fort Pierce, Florida 34950

The Sunrise Theatre – 100 Years of Entertainment



by Joanne Blandford

Most of South Florida remained a wild, untouched jungle until the early 1900s. On the east coast, Henry Flager's new railroad lines had expanded the ability and ease of travel to, from and through the state. The small towns that began as steamboat stops along the Intracoastal Waterway, gradually grew in population. South Florida was no longer closed off to the hardy families and adventuresome individuals who sought opportunities in undeveloped lands, similar to their counterparts that ventured west in the late 1800s. It was during this era — the start of the Florida Land Boom — that the budding dream of a West Virginia businessman, investor and entrepreneur, Rupert Neis "Pop" Koblegard, materialized in the summer of 1923.

The **Sunrise Theatre** represented the changes to come in the little town of Fort Pierce. It was new, state-of-the-art for its time and had almost as many seats as the local population at the time. Both live performers and movies attracted all ages, and the **Sunrise** became an exciting entertainment destination for decades to come. As one of the first buildings in Fort Pierce to use the Mediterranean revival architecture style, it stood out and led the way for other Fort Pierce Florida Boom Era buildings including: the **Raulerson Building**, **Historic City Hall**, the **Peacock/Butterfield** building, the **Gates Building** and the **Arcade Building**. Fort Pierce was changing quickly, and the **Sunrise Theatre** was on the forefront of this transformation.

In the days before instant communication, the **Sunrise**

Theatre brought the outside world to downtown Fort Pierce. During the uncertain years following the stock market crash of 1929, the **Sunrise** management offered promotions like *Bank Nights* to bring people out and lift spirits. World War II brought thousands of servicemen to Fort Pierce to for *Underwater Demolition Training*. The **Sunrise** was a popular date night destination with many of these servicemen returning to Fort Pierce after the war to marry local girls or to transplant their own families. In the 1950s and 1960s, double features on Saturday mornings were immensely popular as downtown bustled with activity and shoppers. A ticket, lollypop, and popcorn cost 25 cents and the **Sunrise** was the perfect babysitter while parents completed the weekly shopping.

When multiplex theatres and suburban shopping trends grew in popularity in the 1970s and 80s, downtown Fort Pierce and the **Sunrise** both began to lose its audience. The **Sunrise** showed its last movie in 1984 and remained closed until its restoration in 2006.

The restoration of the **Sunrise Theatre** paralleled the revitalization of downtown Fort Pierce. For a fraction of the cost of a new performing arts venue, the **Sunrise Theatre** was restored back to its former glory yet retrofitted with updated state-of-the-art equipment. Once again, there was excitement and mainstream entertainment in the heart of downtown Fort Pierce.

One of the main goals of any *Main Street* program is to restore the buildings within their historic communities that hold significance to the past and can continue to be economic drivers in the present and future. As the largest restoration project of *Main Street Fort Pierce* to date, it was recognized that the **Sunrise** was a key missing component needed for further investment and new growth. Once again, the **Sunrise Theatre** was on the forefront and a catalyst of great change in downtown Fort Pierce.

Today, 100 years after its original opening, the **Sunrise** continues to entertain all ages and will hopefully continue to do so for generations to come. ❖



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VERO BEACH - FORT PIERCE



Observations and Confessions from a Very Amateur South Florida Gardener ❖

**Do not take any advice from this column without doing your own research and/or seeking advice from real experts (medical professionals, trained herbalists, master gardeners, local nurseries, etc.) ❖*

Summer Gardening in the Sub-Tropics

by Joanne Blandford

Just in case you have not left the shelter of your air-conditioned home, car, or workplace lately, I'm here to report that it is hot and very humid outside. This fact has led to one of my recent garden discoveries:

Plants are like us — some of them like to hang out and sunbathe this time of year and some of them prefer to cover up and stay in the shade. I used to think that summer was the season to plant all the vegetables possible; however, I am learning that here in south Florida, this is not the case. We don't have the short growing period that much of the country has to work with but many of the traditional vegetables that grow in summer gardens in other parts of the northern hemisphere have a tough time thriving in the sub-tropical summers we experience here. The good news is we can still produce food in our gardens and yards with a few adjustments.

One adjustment is learning about the plants that like to grow this time of year here. There are countless books at our local downtown library about gardening in south Florida. There is even a whole section on the first floor dedicated to regional books that make this task easy. I recently found brand-new children's gardening books that the *Fort Pierce Garden Club* gifted our library with wonderful photos and illustrations. Another valuable source of gardening information are videos on YouTube. Just type in south Florida gardening and go from there. One of my favorite channels is *Gardening with Goo* — a local Fort Pierce gardener with great information and tips.

Here are some plants that I discovered will grow and thrive

in the right conditions here during summer:

Sweet Potatoes — You can start growing these nutrient-packed root vegetables from organic sweet potatoes bought at the grocery store that you left in the pantry too long. When the potatoes start to sprout, use a knife to slice a sliver off the potatoes with the sprouts attached. You can either place it in water for a few days until roots form or plant in moist soil. I've got a couple of patches growing currently.

Note: Some sort of critter did devour a sweet potato start in my back yard. May need to watch vulnerable spots and move plants as needed.

Bonus: the leaves are also edible! The plant will need some of its leaves to produce sweet potatoes, but it is willing to share with you if you need an occasional salad replacement or just want a snack while gardening. The leaves also provide a much-needed ground cover for soil during the summer months. This allows for the retention of moisture, which can benefit other plants in that bed and maintain soil nutrients for fall/winter gardening.

Spinaches — I eat spinach every morning with my eggs. Healthy, yes, but I am learning that vast amounts of nutrients are lost from the time it is picked to the time it ends up on your plate. Also, it can get expensive buying vast quantities of organic spinach. So, one solution I am researching is growing my own and it just happens to be a crop that can tolerate the heat. There are several varieties to try. I am growing *Longevity Spinach* in my front/side garden bed. I found some recently at

a favorite local business — **Weatherbee Nursery**. I really like the taste of this spinach and it is growing well. It seems to like morning light and afternoon shade. I also planted *Chinese Amaranth Spinach* and *Malabar Spinach* from seeds in my tiered container garden. Each of these offer a unique taste. One other variety I've started from seeds is *Egyptian Spinach*. I'm still waiting for these babies to grow. They are supposed to be drought tolerant and very hardy. I've got a few patches planted around my yard. I hope to have a steady supply of spinach soon.

Note: The Chinese Amaranth started out strong but has lost some of its color. I need to research why this is happening. I want to try again and perhaps move it to a raised bed garden in the future. The Malabar spinach has a succulent texture and vine like plant. I am enjoying it, but it may take some getting used to for picky eaters. There are more varieties to try in the future, and I am interested to see if it can grow in steady yields year-round.

Fruit trees/plants/herbs? — There are several fruit trees/plants that absolutely love this time of year. To help alleviate the grocery bill for a family of 5, I recently planted a *Barbados Cherry Tree*, an *Everbearing Mulberry tree*, a *Papaya* and a *Banana tree*. My kids love smoothies so I figured the papayas and bananas could provide frozen fruit and the cherry and mulberry trees can provide some seasonal fresh fruit options. Pineapples are also a super easy fruit to grow in any south Florida garden. All you need is a pineapple from your local Farmer's Market. Sim-

ply cut the top off the pineapple and plop it in a sunny spot in the ground or in a pot. As long as it has enough water (summer rains normally provide plenty), it will produce pineapples in about two years.

Note: I learned Banana trees are not actually trees — they are in the herb family!

Fun (local) fact: In the late 1800s, pineapple crops used to cover much of downtown Fort Pierce and the high, sandy ridgeline (ancient shoreline) that runs parallel to the Indian River. Many of the early residents of the area grew pineapples as cash crop. Citrus groves replaced pineapples in the early 1900s. The *Indian River Citrus District* consists of a narrow strip of land from Daytona to West Palm Beach that grows some of the sweetest and best juicing citrus in the world. The district is protective of the reputation and quality of fruit produced here. There are only certain Florida groves that can claim the *Indian River Citrus* label. The fruit in this district is known for its thin skin and high sugar content due to local growing conditions (proximity to the coast, rainfall, etc.).

Beans — I'm still researching growing beans but from what I have learned so far, beans are a great summer crop here in south Florida. Cowpeas are good summer cover crops to prep your fall/winter gardening beds, so I planted some and am watching them grow. No beans there yet. I'd like to grow several varieties next summer but will need to plan some trellising areas so they can run around. Most varieties of beans seem to prefer growing on vines. ❖

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Ecology 101: The Basics

by John D. Pinsof, Ph.D., Volunteer, MOEC

The word ecology is a very familiar part of our daily lives. We hear phrases like “ecologically friendly” every day in ads for products from laundry detergents to cars. Given that the word education is within the **Manatee Observation and Education Center** (MOEC) name, I would like to present a series of articles discussing the science of ecology. Many of the lessons learned by studying ecology can provide guidance and context for all human activities. As we learn more about the natural world, hopefully we may better appreciate the role that we play, for better or worse, in its health and stewardship.

The science of ecology is the study of how organisms interact with each other and their environment. Because of the large amount of information, ecology is often broken down into a series of levels within a hierarchy, each one more inclusive than the previous one. Going from least to most complex level, ecology is broken down into the study of individual organisms, populations, communities, and ecosystems. Each level has its own unique characteristics and dynamic properties. Future articles in this series will explore the finer details of each of these ecologic levels using specific examples (whenever possible) from the Indian River Lagoon (IRL) waterway.

When dealing with an individual organism, organismal-level ecology looks at how an individual is able to survive in its natural world given its suite of evolutionary adaptations, or physical traits. All individuals face challenges from simply living in the natural world. For example, animals must deal with seasonal changes in temperature and the uncertainty of food and water availability. Aquatic species must contend with the oxygen content of the water as well as its relative acidity and clarity. On the other hand, plants must cope with availability of sunlight, soil conditions, and how to successfully disperse their seeds.

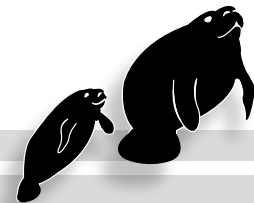
Population-level ecology studies groups of individuals of the same species that live in the same area, for example all the largemouth bass living in Lake Okeechobee or all the manatees living in Florida waters. Members of a population are subjected to the same environmental conditions, such as water temperature and quality, food availability, and weather conditions. Also, these individuals are most likely to interbreed with one another, thus their genetic make-up can be studied from one



generation to the next. A population ecologist would study a population’s size and growth rate over time, the age distribution of its members, and the limiting factors that could slow or even halt a population’s increase in numbers.

When all populations in a given area are studied, this now falls under the heading of community-level ecology. Members of different populations interact in several important ways. For example, they may undergo competition for the same food resources. It is very common that members of one population (predator species) will hunt and eat members of another population (prey species). The concept of predation is also inclusive of manatees eating seagrass, an action called herbivory. Further, members of two populations may become intimately associated with one another in symbiotic relationships, such as an insect being able to pollinate only one kind of flower.

The largest, most inclusive and complex level of ecology is ecosystem-level ecology. Here, the relationships between the nonliving aspects of the environment (ex: amount of sunshine, temperature, soil chemistry) and the living members of a community are



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August 11th at 12:00 p.m.

Phosphorus Impacts on Indian River Lagoon

Lunch & Learn — To better understand how Phosphorus impacts the Indian River Lagoon, join guest speaker, Dr. Sandra Guzman, Assistant Professor with UF agricultural and biological engineering department at the Manatee Center’s monthly lunch and learn, August 11th. hear how Dr. Guzman tests solutions that contribute in the management of Phosphorous in water systems connecting to freshwater sources through a collaboration known as STEPS. Bring a lunch and bring a friend. This event is hosted by **Fort Pierce Yacht Club** at 700 N. Indian River Drive. *Free Event.*

studied. An ecosystem can encompass a vast area (ex: the IRL) or a small area (ex: a neighborhood pond). Nutrients, such as nitrogen, phosphorus, carbon, and water, flow through both the living and nonliving components of an ecosystem in large-scale cycles taking upwards of millions of years to complete. Many ecologists tend to think there is only one true ecosystem: our planet Earth.

Learn more about the ecology of the Indian River Lagoon and its inhabitants at the **Manatee Observation and Education Center** located at 480 Indian River Drive in downtown Fort Pierce, or find us online at www.ManateeEducationCenter.org. ❖

Afternoon Tea, September 23

The **Fort Pierce Woman’s Club** is celebrating its 110th year anniversary! We will be hosting an *Afternoon Tea* on September 23rd, from 1:00–4:00 p.m. Tickets can be purchased for \$35. The **Fort Pierce Woman’s Club** was founded in 1913 and has been a staple in the community all this time.

Our mission is, and always has been, to provide support to the community through fundraising, volunteering, and partnering with local organizations including **Main Street Fort Pierce**. For more information on purchasing tickets or for future events, please visit www.fpwclub.org

Come celebrate this important birthday with us! ❖



Then & Now

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Collaborative Seagrass Effort Launches to Protect Indian River Lagoon

Seagrass research led by FPUA, the Manatee Center, and Treasure Coast Manatee Foundation

Fort Pierce Utilities Authority (FPUA), through the **Manatee Observation and Education Center**, and in partnership with the **Treasure Coast Manatee Foundation** (TCMF), launched a grant-funded seagrass research initiative on Friday July 7, 2023 at the **Fort Pierce Yacht Club** in Downtown Fort Pierce. Together with seagrass restoration experts **Sea & Shoreline**, the groups are restoring one and one-half acres of seagrass in the Indian River Lagoon (IRL), with future plans for more.

Seagrass is vital to the area because it improves water quality by cycling out excess nutrients, provides food, protection and habitat for manatees, turtles, and other sea life, oxygenates the water column for plant and animal life, stabilizes the sediment, and sequesters carbon to help offset climate change.

Made possible by approximately \$40,000 of grant funding from the *Indian River Lagoon National Estuary Program* (IRLNEP) and nearly \$59,000 of seagrass donations from TCMF, this innovative project combines one acre of seagrass restoration in Moore’s Creek and one-half acre of meadows enhancement research on the shores of the IRL.

Research funded by the IRLNEP will help restoration experts identify the best species and blends of seagrass for effective restoration in the area. The research project features seven seagrass plots covering one-half acre. Each plot will be protected with dowel rods allowing the seedlings to take root, followed by regular monitoring by restoration experts.

The **Treasure Coast Manatee Foundation** funded an additional one acre of seagrass restoration, directed at restoring seagrass in Moore’s Creek in Downtown Fort Pierce. Hundreds of manatees

visit Moore’s Creek, adjacent to the **Manatee Center**, each year, for warm water refuge during the winter and to drink freshwater.


Manatee Center “Roving Naturalist” volunteers are also contributing to this important research. Volunteers collect manatee count data of manatees spotted in Moore’s Creek, with over 26 years of manatee counts collected to date. This data is being submitted to the IRLNEP each month and will provide a valuable resource for researchers to consider the impact of restoration over time.

FPUA and MOEC thank the IRLNEP and TCMF for their tremendous support toward environmental restoration, and for making this seagrass work possible.

This project represents one of many environmental projects led by FPUA including: relocating the sewer treatment plant off the Indian River Lagoon; lining sewer pipes with PVC to protect against inflow and outflow from cracks in aging clay pipes; installing several more acres of seagrass grant funding from the Florida Department of Environmental Protection Resilient Florida program; and more. ❖

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Love, JAZZ Community: Curing the Other Epidemic

by Don Bestor



Since 2020 and the pandemic that changed so much about how we all lived and interacted with one another, sometimes it feels like nothing would surprise us. Even the United States Surgeon General, Dr. Vivek Murthy, weighed in on the general feeling so many of us experience that we try to brush away as nothing. It’s that feeling of loneliness and isolation so many of us have experienced, a lack of connection that keeps us from feeling our best. According to the Surgeon General, it’s a serious public health crisis in our country. But it wasn’t just the global pandemic, lock down or the sadness we felt seeing friends, loved ones, and colleagues fall victim to the pandemic. Dr. Murthy says, “Even before the onset of the COVID-19 pandemic, approximately half of U.S. adults reported experiencing measurable levels of loneliness.” He added, “Disconnection fundamentally affects our mental, physical, and societal health. In fact, loneliness and isolation increase the risk for individuals to develop mental health challenges in their lives, and lacking connection can increase the risk for premature death to levels comparable to smoking daily.”

So why are we talking about such a sad subject? We’re talking about it this month because we have an antidote that is guaranteed to help keep loneliness at bay and make your life richer, more rewarding, and happier. And best of all, you don’t have to have lots of money or fabulous health insurance to acquire this antidote. It’s as easy as picking up your phone

and giving us a call at **Fort Pierce Jazz and Blues Society** to let us know you’d like to become a member or volunteer. And if you don’t want to make the phone call, just stop in at any one of the many public performances we offer and strike up a conversation. You’ll find our members and volunteers are friendly, funny, and ready to put you at ease and make sure you enjoy the live music. If you’d like, they’ll also be happy to help you find a volunteer opportunity that matches your skills, time commitment, and personality. If you’ve always thought that being part of **Fort Pierce Jazz and Blues Society** was only for serious, professional musicians, think again. Most of the organization’s members don’t even play the kazoo, but they do enjoy hearing good music and connecting with others who do, too.

The Surgeon General’s idea for putting an end to the loneliness epidemic rocking our country is very similar to ours. He says, “We must prioritize building social connection the same way we have prioritized other critical public health issues such as tobacco, obesity, and substance use disorders. Together, we can build a country that’s healthier, more resilient, less lonely, and more connected.”

We say, why sit around feeling lonely and falling victim to an epidemic that is completely preventable and doesn’t even require a vaccination? A University of Michigan study (and loads of others, too) found that, “Volunteering not only fulfills a sense of purpose by helping others, it also can alleviate loneliness. So what are you waiting for. Why not pick up the phone, shoot us an email, or take that one little step that will not only keep loneliness at bay but will also share you and your unique gifts and humor with the community? Who knows if that one little connection sparks a whole bunch more of them, and before you know it, you’ll be scratching your head, humming a little tune, and wondering how with all that music and all those new friends, you could have ever felt lonely in the first place. 😊

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TREASURES OF THE PAST

100 years ago this month as reported in the Monday, August 6, 1923 edition of the Tampa Tribune

Many Attend Opening of Sunrise Theatre Initial Attendance over 1,200 – New Fort Pierce Playhouse One of Most Beautiful in Florida

The opening of the magnificent Sunrise Theatre, one of the finest in Florida, was an auspicious success in every respect. An appropriate program was carried out in honor of the occasion, consisting of short talks by several local people, music by the Fort Pierce band, vocal numbers, and then a compete movie show that lasted until nearly eleven o'clock.

The auditorium was completely filled within a few minutes after the doors opened, and the balcony soon overflowed. With, an initial attendance of more than 1,200 a number had to be turned away. Many from adjoining counties were on hand to witness the opening of the fine new theatre.

R.L. Goodwin was master of ceremonies. Short talks were made by Mrs. Edgar Lewis on behalf of the Fort Pierce Woman's Club; E.L. Price for the Chamber of Commerce; C.E. Cahow as mayor of the city and contractor on the splendid \$150,000 Sunrise building; P.C. Eldred for the board of county commissioners; Rupert N. Koblegerd, Jr., on behalf of his father, who was unable to reach here from Washington

in time for the opening and who was the guiding spirit in construction of the building; and M.F. Estes as manager of the theatre.

The completion of the Sunrise building and opening of the Sunrise theatre was hailed as marking and important step in the transition of Fort Pierce from a town to the status of a city.

The new building is the finest in the city and the theatre is pronounced on of the finest in the state.

The theatre is leased by the Fort Pierce Amusement Company, of which E.J. Sparks of Jacksonville, operator of a string of playhouses in Florida, is the head. It will feature moving pictures and vaudeville and road shows in season.

100 years ago this month as reported in the Monday, August 13, 1923 edition of the Tampa Tribune

Work on Causeway Will Start Soon – Dredge Arrives at Fort Pierce

Beginning to be Hailed as One of Important Steps in Development of City

The dredge which is to construct the causeway across Indian River at this point has arrived and is anchored in the river a short distance north of the city awaiting issuance by the War Department of a permit, which is expected any day now. The big machine

belonging to the Glob Dredging company of New Jersey, the causeway contractors, came here from Savannah, GA. It is a suction dredge, capable of moving a large amount of material daily.

The beginning of work on the causeway will be hailed as one of the important steps in the development of Fort Pierce. The feeling being general here that the causeway will boost Fort Pierce along to a large extent.

Along the causeway there is to be excavated a ships channel across the river from the inlet, fourteen feet in depth, a turning basin and an earth fill on the west side, the Fort Pierce Finance and Construction company, builders of the projects, having made an agreement and given bond of \$25,000 to dig the channel and basin provided the inlet is deepened to fourteen feet, for which bonds in the amount of \$220,000 have been voted, validated and sold.

The causeway will be constructed of earth fill and open trestle work alternately with a steel draw bridge. When completed it will give the people of this section direct access to the ocean beach, while the inlet and ship channel will bring deep water to the very door of the city.

Real estate activity has already been stimulated to marked degree as a result of the plans for a causeway and deep water, and with the beginning of actual excavation work things will begin to hum sure enough, it is expected.

With a bridge being constructed at

Quay, one already built at Vero, the causeway going in here and bonds voted and sold for one at Jensen, in the south end of the county. It will be a matter of only a few more months before practically the whole of St. Lucie County is in direct touch with the ocean beach and the peninsula that separates Indian River and the ocean.

100 years ago this month as reported in the Saturday, August 18, 1923 edition of the Tampa Tribune

Fort Pierce Makes Big Improvements to Tourists' Camps

Fort Pierce the coming season will join the ever-increasing list of Florida towns and cities that are catering to the "tin canner" by the provision of adequate camping facilities.

A site has been secured for a local camp, water, lights and other facilities will be provided and the camping motorist will be made to feel at home as much as possible. The camp will be under the supervision of a caretaker. It will be located just outside the city, south of the Delaware-Seventh street intersection.

The camp ground proposition is being backed by the local merchants

and realtors associations, whose members express themselves as feeling that the camp will prove an asset to the city. The municipality will furnish electricity for the camp.

50 years ago this month as reported by Pat Quina in the Thursday, August 2, 1973 edition of the News Tribune

Committee Job: What's Needed to Liven Downtown?

A committee will be formed to determine what should be done to restore the shopping magnetism of downtown Fort Pierce.

Gulf Oil Real Estate has offered its planners to assist the committee in its work. The planners will assist free of charge, said Bob Rodman.

Rodman is project manager of Hutchinson Island Ltd., now constructing Ocean Village on Fort Pierce South Beach.

The committee will be composed of merchants in the downtown shopping area who will work with city officials and Gulf's planners to determine the area's needs.

The committee idea was proposed Wednesday by Mayor Charles Padrick when all three groups agreed something

should be done to revitalize the area.

Rodman said the Gulf Oil Real Estate Co. agreed "rejuvenating the downtown business area is a worthy project and they would be glad to offer some assistance."

The company, however, will not be able to provide a 'master plan' for downtown redevelopment, Rodman said.

Rodman gave one other warning. Unless the downtown merchants agree that the area should be redone, Gulf isn't interested in providing its planners, Rodman said.

Padrick told him that the city commission agreed something needed to be done to make the area more attractive to shoppers, and he said the merchants "have a spirit of cooperation."

At the meeting, Thomas Driscoll, vice president of First Federal Savings and Loans, said his company was still interested in buying the controversial Harris property.

If First Federal is the successful bidder, Driscoll said paved parking spaces and a drive-in banking facility would be put on the property west of Melody Lane.

The one-third acre east of Melody Lane would be donated to the city, Driscoll said.

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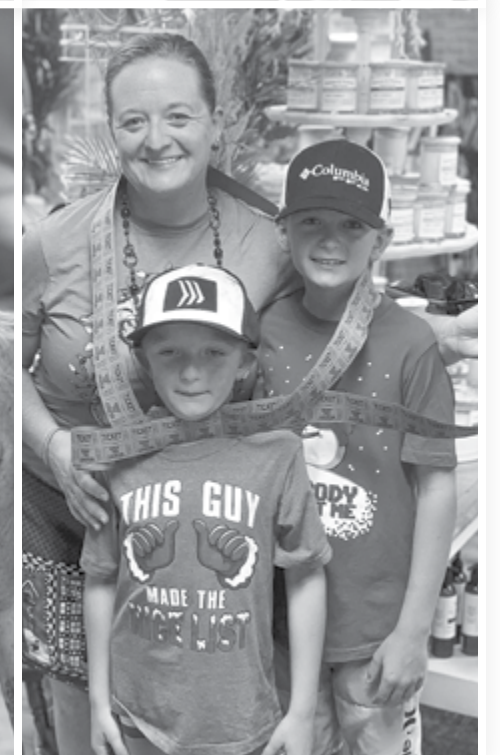
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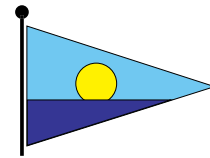


"Thanks" to All Our Businesses, Patrons and Volunteers!



Summer 2023 is in Full Swing!

by Robynn Holland, Community Liaison



Fourth of July Boat Parade

The **Fort Pierce Yacht Club** was delighted to sponsor the Fort Pierce community **4th of July Boat Parade** for the 13th straight year. Vice Commodore of Fleet, Victorian Westphal, did a wonderful job in both organizing the parade and encouraging boaters to come out and celebrate the **4th of July**, our **Independence Day!** It was a hot, but beautiful day, with clear skies and sparkling water as boaters gathered at the Turning Basin, just north of South Bridge. Decorated in red, white, and blue, and flying American flags, the boats began their colorful parade down to the Jetty, back to the Turning Basin, and then south on the Indian River.

Later that evening, members of the **FPYC**, joined with others in the community to celebrate the 4th with music, food, and fireworks. Stars over St. Lucie is a City of Fort Pierce and Main Street Fort Pierce event, and once again the **FPYC** was proud to be a sponsor of this fun and patriotic event. As usually the fireworks were magnificent and enjoyed by all ages. Thanks to all the people at **Main Street Fort Pierce**, the **City of Fort Pierce**, and local sponsors, for this wonderful community event.

Planting of Sea Grass at the Fort Pierce Yacht Club

Commodore Forest Blanton is excited to announce that the **FPYC** is part of a program to help restore sea grass along the Indian River. Commodore Blanton explained that in January 2022, the **FPYC** joined with the **Manatee Center** in submitting a grant request for a study to measure and enhance seagrass growth in the waters east of the **FPYC** clubhouse.

And the good news is that the project has now started! Commodore Blanton explained that there is now a series of PVC pipes along the shore east of our clubhouse. He believes that these PVC pipes will be used to specifically identify areas of seagrass and measure the change of our seagrass over time! As a major mission of the **FPYC** is to support the Indian River Lagoon, it is rewarding to be a



partner with the **Manatee Center** in this project and we can't wait to see the result.

Jazz Jams

Summer is generally a laid-back time for all, but we still enjoy getting out and hearing local music in the Sunrise City. One group that always has us up dancing and tapping along to the music is the **Fort Pierce Jazz and Blues Society**. The **Fort Pierce Yacht Club** hosts this amazing group every other Tuesday night during the summer and early fall for a **Jazz Jam**. While **Jazz Jams** started in June and you might have missed both June and July, come out and hear the great music on August 8th and 22nd, then September 12th and 26th and in October 3rd and 31st. That will be a great Halloween treat! For more information about this wonderfully talented group go to www.jazzsociety.org.

FPYC Foundation

The **FPYC Foundation** has supported **FAU Harbor Branch**

with scholarships for summer interns for the past five years and was excited to do so again. The \$7,000 scholarship for 2023 was awarded to **Indian River State College** student



Angel Mosher. The sign Angel is holding with Dr. Gabby Barbarite, **FAU Harbor Branch** Director of Outreach and Engagement, is actually a deliverable from her project — managing and growing **FAU — Harbor Branch** Dolphin Spotter citizen science program. Dr. Barbarite stated “these new signs are being installed at waterfront parks/properties to help bring awareness to the program- they turned out so nice

Continued on page 26 ...

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FPYC ... continued from page 25



and she's doing an excellent job!" Congratulations to Angel on her success this summer.

Trivia Night

The second Monday of every month is *Trivia Night* at **Fort Pierce Yacht Club**. And what a night it is. Members of the Club gather with friends, neighbors and other invited guests from our community for an evening of laughter and good old-fashioned camaraderie. It's a blast!

The evening starts at 5:30 p.m. with a light super. At 6:30 p.m. the games begin. Let's be clear, Trivia is always fun but it just might be a little more fun to win! Competition is friendly however; bragging rights are coveted. If anyone is interested in checking out the Club or having a fun evening with friends and neighbors contact Ruth Jaroski at ruthjaroski@gmail.com for more information. Ruth would be happy to have you join us for an evening as her guest. Individuals are always welcome and a team will be found for you. Or bring your own team.

At the July *Trivia Night*, the last bonus question was, "What city is the sister city to Fort Pierce?" Do you know the answer to the question? ❖

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Tips for Small Business Vendors: National Farmers Market Week

by U.S. Small Business Administration, www.sba.gov, published on July 24, 2023

August 6 – 13 marks the 24th annual *National Farmers Market Week*. It is a time to celebrate the irreplaceable role that the nation's 8,000-plus farmers markets play in our food systems and local communities. It is also an opportunity to acknowledge how these types of businesses impact the economy. In fact, the *Farmers Market Coalition* estimates that every dollar spent on farm direct purchases, such as at a farmers market, results in up to three dollars of revenue to the greater U.S. economy.

The SBA is proud to be a resource for America's small business vendors. Whether your dream is to provide your community with fresh fruits and vegetables, dairy products, baked goods, or handmade crafts, we have the tools and programs to help you bring your business dreams from farm to market.

1. Find resources in your area through SBA local assistance. The SBA's resource partner network is an invaluable asset for small business vendors. Many farmers markets are located in rural areas, which are historically underserved. Resource partners like *Community Navigators*, however, strengthen outreach to undeserved businesses by partnering with organizations with deep roots in their communities. There are also organizations such as *Small Business Development Centers*, which offer a wide range



of training and counseling services at nearly 1,000 locations across the U.S., and SCORE, where entrepreneurs can find expert mentorship on a variety of small business topics. For veteran and women entrepreneurs, *Veterans Business Outreach Centers* and *Women's Business Centers* help their populations break into the marketplace.

2. Take advantage of SBA funding opportunities. A local farmers market can open lots of doors in the business world. Often times, a key requirement is securing financial assistance. That's where SBA funding solutions come into play. The SBA's largest financing program, the 7(a) Loan Program, helps businesses that meet eligibility requirements but do not qualify for conventional financing. Real estate, equipment, inventory — 7(a) loans make it possible for small business owners to continue to expand. They also allow entrepreneurs to acquire working capital and refinance business debt. For those seeking easier access to funds for supplies, equipment, and more, SBA microloans are a great option.

3. Explore SBA export assistance programs. Your business goals don't have to stop at the farm stand. The SBA's international trade programs make it easier to sell your goods and services outside of the U.S. If you're interested in expanding into export sales, the International Trade loan program can help you compete globally. And if you've been in business for at least a year, the Export Working Capital program increases your chances of getting approved for export financing programs.

If you're interested in starting a farmers market of your own, the SBA encourages you to visit the USDA National Farmers Market Directory. There, you can learn about requirements such as permits and vendor fees. Follow the SBA on Facebook, Twitter, Instagram and LinkedIn to see how we're highlighting National Farmers Market Week 2023. ❖

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August Means Scales & Tails!

by Captain Bo Samuel

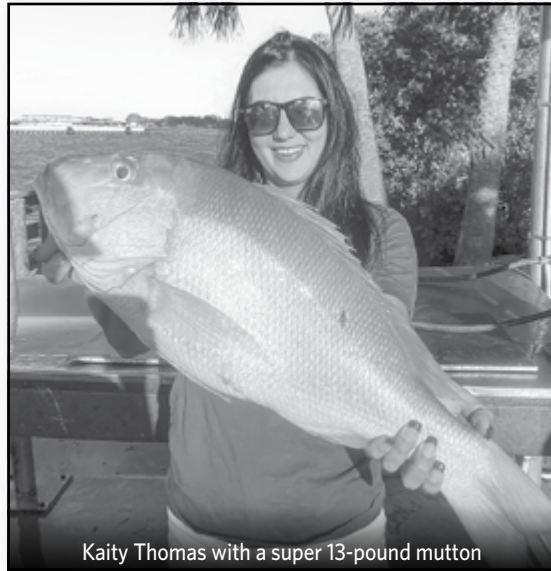
August is a very busy month on the water here on our beautiful Treasure Coast. The much-anticipated spiny lobster season opens on August 6th so you can expect more boats in

the area as divers come from around the state to enjoy our spectacular inlet and stellar lobster bounty. Many anglers are also divers, and our local reefs will see all levels of divers trying their best to catch limits of these tasty Florida "bugs." This is the time for non-diving anglers to trade some scales for tails and truly enjoy why we live in a fishing and diving paradise!

With lots of bait in the area like threadfins and pilchards, the offshore action is still going strong. We are consistently pulling in sizable mangroves, lanes, and muttuns, 8 and 10+ pounders plus daily limits, on reefs at about 50-100 feet. It helps to stir up these aggressive feeders by using a chum bag and throwing some cut bait. Whether you are using live bait or frozen cut bait, it's important to keep your bait on bottom with enough weight ... and be ready for some great



action. Mangroves and muttuns can be caught year-round with a five-per-person limit in state waters for both, within the ten snapper aggregate bag limit.



Kaity Thomas with a super 13-pound mutton

The kingfish bite is good with action at about 80-100 feet. Threadfins and pilchards on a slow troll are great choices for putting kings and dolphins on deck. In September, we will be looking for the mullet run to begin, and they will certainly be bait of choice. Anglers are allowed to keep two kingfish per day.

Whether you're choosing surf-turf, snapper tacos, or a full-out seafood fest, it doesn't get any better than enjoying your own fresh catch-of-the-day with family and friends. Having fished these waters all my life, it's really awesome to share the fun with my charter guests. **Little Jim Bait & Tackle** is my home base and I'm happy to help you plan your custom catching adventure soon. Here's to scales and tails and a salty summer of *Pullin Drag!* ♦

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Favorite Recipes from Main Street Board Members

Steve Holland – Mary Nell's Meat Loaf

My wife's mothers, Mary Nell Brannen Lewis, came from a large farm family whose ancestors settled in the Statesboro, Georgia area in the late 1700's after migrating from North Carolina. The story goes they were most likely were given land grants in Georgia for fighting in the American Revolution. Mary Nell was one of 14 children and her father strongly believed in education and believed the 6 girls in the family should have an opportunity to go to college and 4 of the 6 took advantage of that and did go to college. My mother in law went to Georgia State College for Women in Milledgeville, Georgia and became a home economics teacher. She loved to cook and one of my favorite recipes is her meatloaf. Ironically the youngest of the 14, Betty Brannen Akins, came to Fort Pierce in 1956 with her husband, Jones Akins. Betty Akins became an elementary school teacher and taught in Fort Pierce for 30 years. Now at the age of 90, she is still going strong!



Ingredients

- 1 lb ground beef
- 1/2 lb sausage
- 1 egg
- 1 bread heel crumbled or bread crumbs
- Small onion chopped
- Tablespoon of bell pepper
- 1 teaspoon brown sugar

Salt & Pepper

Hot ketchup

1/2 teaspoon mustard

Instructions

Mix ingredients and place in a meat loaf pan. Preheat oven to 325 degrees. Bake for one hour.


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