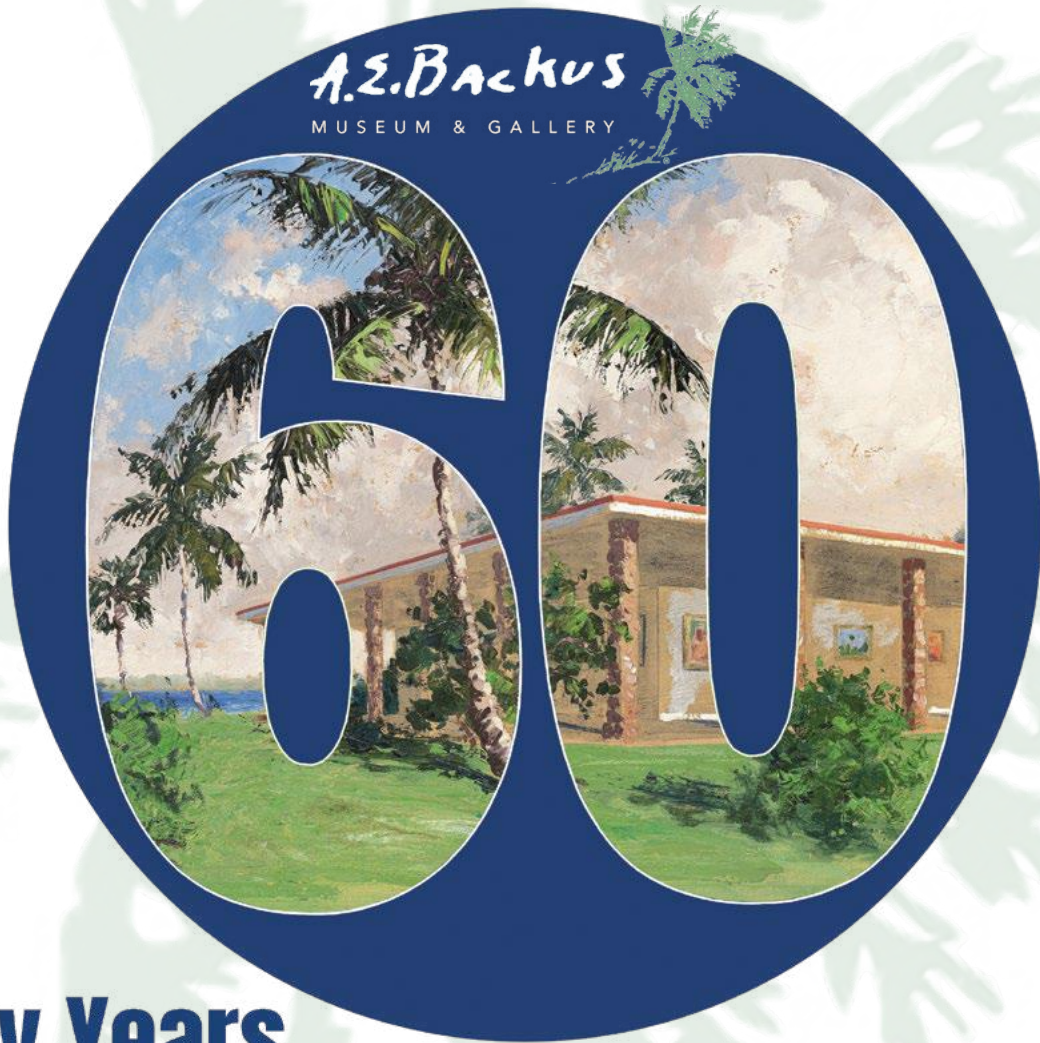




Volume 16, No. 8 March, 2021

# FOCUS

The Official Monthly Newspaper of Main Street Fort Pierce



## Sixty Years on the Indian River

See story p17

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Mayor Linda Hudson invites you to join her for Community News and Special Announcements!

**VIRTUAL**

Friday, March 19  
at 8:00 a.m.  
Main Street Fort Pierce  
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**PRESIDENT'S MESSAGE**

**Become a Member of Main Street Fort Pierce**


by Sue Dannahower




In 2021, *Main Street Fort Pierce* will celebrate 33 years of service to our community. We have been through many good times, as well as times that have challenged our creativity and perseverance. So have our downtown businesses. Please support these businesses by shopping and dining in downtown Fort Pierce.

Members are an important part of our organization. If you are not a member, I urge you to join *today!* Your personal involvement and membership commitment will help *Main Street Fort Pierce* accomplish goals, set new ones, and support

downtown's economic wellbeing, revitalization and cultural vibrancy in the very heart and soul of our downtown community. We strive to make Fort Pierce a *shopping, business, and entertainment destination.* ❖



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**MAIN STREET  
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Volume 16, No. 8 March 2021

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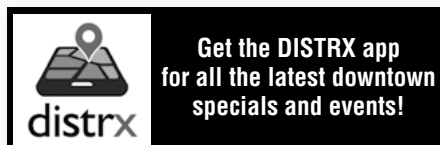
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Phone: 772.466.3880 • [mainstreetfortpierce.org](http://mainstreetfortpierce.org)

# Calendar

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



## MONTHLY EVENTS

**March 19, Friday: VIRTUAL COFFEE WITH THE MAYOR** — 8:00 a.m. on FACEBOOK LIVE; Sponsor — **Fort Pierce Jazz & Blues Society**; Main Street Fort Pierce, 466-3880; mainstreetfortpierce.org.

**March 19, 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

**Sailfish Brewing Company**  
Facebook/Sailfish Brewing Company

**Pierced Cider**  
Facebook @piercedcider

**Cobbs Landing**  
cobbs-landing.com

**Bottom's Up Public House**  
facebook.com/bottomsuppublichouse

## SUNRISE THEATRE & SUNRISE BLACK BOX

772-461-4775 • sunrisetheatre.com

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

## MANATEE OBSERVATION & EDUCATION CENTER

429-6266 • ManateeEducationCenter.org

## 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

**Downtown Fort Pierce Library**  
772-462-2787 • st-lucie.lib.fl.us

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

**Fort Pierce Police Athletic League**  
772-370-6162 • fortpiercepall.com  
Volunteers needed: 772-466-0606

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

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

**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

## National Mom and Pop Business Owners Day – March 29, 2021

Our economy couldn't run without small mom and pop businesses. They create economic growth and provide almost 70% of all new jobs in the country. That's why every year on March 29 we acknowledge the more than 27 million small businesses in this country by celebrating *National Mom and Pop Business Owners Day!* The holiday was established by Rick and Margie Segel in honor of their parents and the successful hat shop they opened in 1939 and grew into a 10,000 square foot, \$2 million dollar clothing shop. It is a special day to appreciate the long hours, hard work and dedication it takes to run a small business. So, on March 29, head to your favorite small business to say *thank you!*

Happy  
St. Patrick's  
Day  
March 17



## Fort Pierce Downtown Businesses Host Parklet Putt-Putt Golf Challenge

Follow the lucky leprechaun through downtown Fort Pierce for nine holes of Putt Putt and the chance to win \$200 on Saturday, March 13th. Check-in with your Eventbrite ticket and collect your scorecard from any of our three check-in locations. Travel throughout downtown playing through each hole, in any order. Watch out for the trickster leprechaun and his many hazards — he isn't going to make this easy! Be on the lookout for bonus raffle ticket opportunities — you never know what you will find. After finishing all nine holes, drop your scorecard off at **Notions and Potions**. One lucky winner will be taking home a \$200 cash prize! Stop into **Bottom's Up Public House** during your golf round for a complimentary golf course cocktail. You'll receive a drink ticket with your scorecard.

Event date: Saturday, March 13th; course open from 10 a.m. to 4 p.m. Cost is \$10 per person [\$5 under 18, not eligible for

cash prize]. Tickets available for purchase on Eventbrite. Cash ticket sales are available at **Notions & Potions** or **Deli-cious** on day of event.

Holes may be played in any order and scores are recorded by individual players. Scorekeeping is for bragging rights only! Turn in your completed scorecard at **Notions & Potions**.

Winner will be selected at 8:00 p.m. on Facebook LIVE!

Putt-putt holes will be at **Sailfish Brewing Company**, **2nd Street Bistro**, **Notions & Potions**, **Hard Axe Lounge**, **Florida Hemp Collective**, **Chic & Shore**, **Beach Bowls**, **Glass Culture**, and **Last Dragon Tattoo**, along with a Crazy Course Hazard at **The Cake Lady**.

Check-In locations are at **Sailfish Brewing Company**, **Varsity Sport Shop**, and **Whirled, Inc.** There will be sanitizer stations at **2nd Street Art**, **Taco Dive**, and **Deli-cious**. ❖

## Annual Manatee Center 5K on Saturday, March 20

*Love Your Lagoon* by registering for the 13th Annual Manatee Center 5K (\$35) and one-mile (\$20) in support of the *Treasure Coast Manatee Foundation*. This year's 5K will be held on Saturday, March 20th and begins at 8 a.m. Starting at the **Manatee Center**, the course goes through Downtown Fort Pierce and around to Seaway Drive and over the beautiful bridge. (The one-mile route does not cross the bridge and is perfect for walkers.)

This event is the *Manatee Foundation's* primary fundraiser each year. Funds raised enable the Foundation to sponsor education programs for groups like the *Boys & Girls Club*, *Hibiscus Children's Home*, *Big Brothers Big Sisters*, and more. The Foundation also sponsors the Manatee Center's annual summer camp, which will be held again this year with COVID precautions in place.

There are three options: register for the 5K (3.1 miles), the one-mile route, or the *Virtual 5K* challenge where you can walk or run anywhere in the world and track your progress on [www.runsignup.com](http://www.runsignup.com).

All participants will receive a dry-fit race shirt and a participant's medal to commemorate your accomplishment. Top runners (M/F) and masters runners (M/F) will receive prize trophies. Kids 15 and under register for only \$15. ❖



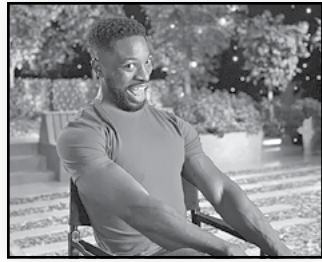
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## The Sunrise Theatre is OPEN! Come and See a Show in March



We are moving forward for you, our community and our supporters, to bring you the best in entertainment and cultural offerings in a clean, socially distanced, mask required, reduced capacity theatre environment. In March, we have *H2O: The Music of Hall and Oates*, *Vinny & Vin A of The Bronx Wanderers*, a special *Comedy Corner with Preacher Lawson* on the Main Stage and the *Fort Pierce Jazz Jams* and *Comedy Corner* in the **Black Box**.

For more information on these shows and more, please go to [Sunrisetheatre.com](http://Sunrisetheatre.com). Tickets are available on-line only. ❖



## The Fort Restaurant Group Gets Happy!

by Dale van der Lugt

Last month we reported the exciting news to you about our very own Historic Downtown fine dining establishment, **The Fort Steakhouse**, earning the prestigious *Best of the Treasure Coast* for restaurants. To continue delivering the most sought-after dining experience **The Fort Steakhouse**, and their sister dining room, **The Rooster in the Garden Ristorante**, is now hosting an incredible *Happy Hour at the Bar!*

With corks popping and cocktails shaking, conventional dining isn't the only way to enjoy an amazing culinary experience at **The Fort Restaurant** group. From 4 p.m.–7 p.m. Monday through Friday, **The Rooster in the Garden Ristorante** has rolled out *Buzz 'n Bites*. It is a great opportunity to enjoy \$5 cocktails and try out mini servings of some of their most popular and mouth-watering dishes for \$5 as well. Delectable bites to choose from are Calamari Fritti, roasted veal meatballs, Heirloom Tomato bruschetta, and Mozzarella Fritti, bite-sized fried triangles of fresh mozzarella.

**The Fort Steakhouse** hosts their happy hour from Tuesday through Thursday, 5 p.m.–7 p.m., featuring \$10 Wagyu sliders and half-priced cocktails. Belly up to the bar and enjoy a rich buttery bite of juicy beef, covered in cheese, and enveloped in a fresh brioche bun.

And did you know that looking at art can have the same cerebral effect as the blissful experience of romantic love? **The Rooster in the Garden Ristorante** knows it and are offering *Wine Down Wednesdays* at **The Rooster in the Garden Ristorante**. Each Wednesday from 5 p.m.–9 p.m., while offering 50% off select wines, they also feature an artist in their indoor courtyard.

Both **The Fort Restaurant & The Rooster in the Garden Ristorante** invite you to *Get Happy!* Join them in community and good vibes any time of the week and especially during *Happy Hour* and *Wine Down Wednesdays!* ❖



## Mayor's Message Future Free and Paid Parking in Downtown: Park and Walk Fort Pierce

by Linda Hudson, Mayor, City of Fort Pierce



There are plenty of opinions about parking in Fort Pierce. That's why I'm grateful to the Parking Committee, made up of individuals who are not only willing to tackle the thorny issue of parking, but excited about identifying solutions to our parking challenges. The Parking Committee knows the key to success for our core business areas is to ensure that parking is accessible, convenient, fair to all and, above all, makes sense.

At the recommendation of the committee, the City Commission provided for an updated (from 2016) study from Walker Consultants. The 2020 study looked at four business areas: Downtown, South Beach, Lincoln Park, and the Peacock Arts District. Access the study, Walker's Presentation and Parking Committee recommendations here at item 10 of the City Commission's February 1, 2021 agenda: [https://destinyhosted.com/agenda\\_publish.cfm?id=36787&mt=ALL&get\\_month=2&get\\_year=2021&dsp=agm&seq=12791&rev=0&ag=1781&ln=50202&nseq=&nrev=&prev=#ReturnTo50202](https://destinyhosted.com/agenda_publish.cfm?id=36787&mt=ALL&get_month=2&get_year=2021&dsp=agm&seq=12791&rev=0&ag=1781&ln=50202&nseq=&nrev=&prev=#ReturnTo50202).

As a result of the study, the Parking Committee recommended, and the Commission approved, implementing a paid parking plan in certain Downtown premium areas and developing a Request For Proposal (RFP) for a third-party vendor to administer and manage the paid parking system. Much free parking will remain in the Downtown area, including the parking garage due east of city hall, where employees of businesses and government are encouraged to park.

The City will be developing a communications plan to educate residents and visitors on available parking in our

downtown area. The initial paid parking program will not go into effect until the end of 2021, at the earliest. The Downtown Business Alliance has agreed with the conceptual plan recommended by Walker, the Parking Committee, and the Commission.

Walker also recommended that parking fees be required for out-of-town beach visitors, but free to Fort Pierce residents. For Lincoln Park, Walker encouraged the city to continue on its path of business development and monitor the parking needs of that area. For the Peacock Arts District, Walker recommended that the city work with businesses and others in the area to use parking for special events.

Parking in downtown Fort Pierce is plentiful, and free to those willing to walk five minutes. Free parking will remain, but in the coming months, premium on-street parking will require payment. Paid parking promises to free up mostly on-street parking, while free parking remains available and plentiful. Of course, handicap parking remains absolutely essential and available. ❖



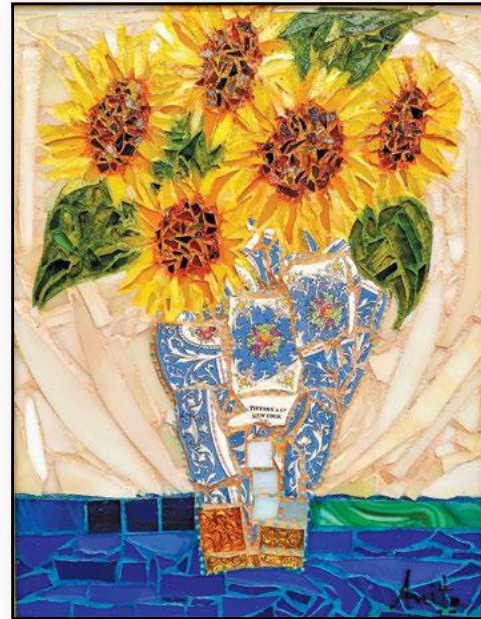
# It's Spring! It's Anita! And it's *Florabundance* at Seriously Mixed Media!



Local artist Anita Prentice will be guest artist at Seriously Mixed Media Art in March/April. Her show, *Florabundance* will feature new work in her vibrant painted mosaics. Seriously's originally planned show was to be a collaboration of Anita with the *Porch Poets of the Laura Riding Jackson Foundation of Vero Beach* featuring visual and literary arts. This pairing of Anita's artwork with poems responding to it, is now planned for fall.

For this special spring gallery show, Anita is creating an artwork abundance of flowers, trees, palms and honeybees! Flowers, especially sunflowers; colorful trees like poincianas, jacaranda and tabebuia; palm trees like coconut and cabbage; and scenes of the vanishing landscapes of Florida will be on exhibit. Some will feature abstract backgrounds with special stained-glass pieces given to Anita by a longtime stained-glass artist.

Anita, a respected and popular artist, is well known for her artwork in public places



throughout our community and other areas. In addition to being a busy working artist, she finds time to be involved with various community service volunteer activities. More can be learned about Anita by visiting her website [anitaprenticeart.com](http://anitaprenticeart.com).

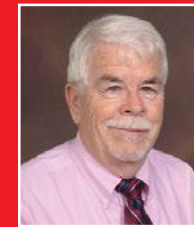
Heathcote Botanical Gardens will be featuring Anita's work in their gift shop throughout the month of March with a 10% discount. Anita will be on site from 2 p.m. -4 p.m. on Saturday, March 12.

The open house receptions at Seriously Mixed Media Art for *Florabundance* will be on Friday, March 19 from 3-5 p.m. and Saturday March 20, from 11 a.m.-3 p.m. Come meet Anita then and enjoy her new work!

Seriously Mixed Media Art is located at 207 Orange Ave. in Historic Downtown Ft. Pierce. Hours are 11 a.m.-3 p.m. daily except Sunday and Monday. For more information check the website at [www.seriouslymixedmediaart.com](http://www.seriouslymixedmediaart.com).

*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 Saturday from 10:00 a.m. to 4:00 p.m., and Sunday from 12 noon to 4:00 p.m. Well-behaved leashed dogs are welcome. There is an admission charge of \$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. You can visit the gift shop without paying garden admission. Heathcote Botanical Gardens is located at 210 Savannah R. in Fort Pierce. The website is [www.heathcotebotanicalgardens.org](http://www.heathcotebotanicalgardens.org) and phone number is 772-464-4672.*

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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

<b>Benefactor Levels</b>	<b>Community Levels</b>	<b>Corporate Levels</b>
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)



**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](http://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

**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: \_\_\_\_\_

## Wednesday Green Market: Bringing Together Neighbors and Farmers since 2014

The Wednesday Green Market in Fort Pierce is an independent market owned and operated by local farmers. It was established in January, 2014, and has been connecting



residents with local business owners for seven years. Take a stroll down the beautiful streets of downtown Fort Pierce to browse for groceries, prepared foods, and handmade gifts. Come visit for special events like live music.

*What you will find?*

In one trip you can stock your kitchen,

buy gifts for that upcoming birthday, and connect with your neighbors. You can find a variety of household products at the market including fresh locally grown fruits and vegetables, eggs, meats, honey, coffee, handmade soaps. Prepared foods include items like Kombucha, baked goods, beautiful vegan creations, BBQ, and kettle corn. You can even find handmade jewelry or treats for your pet!

*Where to find the market?* The Wednesday Green Market is held every Wednesday from 12–6 p.m., rain or shine. It is located at 101 Melody Lane, in Fort Pierce. ❖



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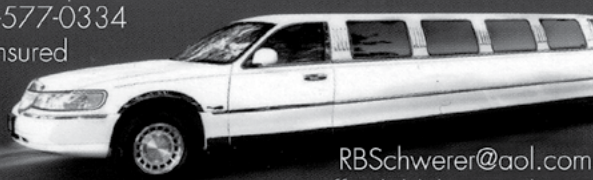


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# Life-Like Manatee Mural Coming to the Manatee Center This Month

by Rachel Tennant, Manager, Manatee Observation & Education Center

Thanks to community support and donations, the *Treasure Coast Manatee Foundation* is bringing a life-like manatee mural to the seawall across from the Manatee Center. This mural represents an effort by our staff and volunteer team to join arts and the environment, and to bring more outdoor exhibits to the Center at a time when outdoor activities and attractions are so very important to our health and safety.



The Manatee Center sees, on average, over 350 manatees in Moore's Creek every year. We have kept these records since 1996 and continue to keep count even while the museum is closed for COVID-19. In fact, we have counted 9,609 manatees spotted in Moore's Creek since November 1996! These counts are recorded by *ManaTeam Roving Naturalists*, who are volunteers trained to look for manatees in the creek, keep count on a written sheet that is posted in the back bulletin board, and share information with visitors and passersby. Most manatees are present during the winter months, and our hope is that this mural will give folks not only a beautiful backdrop

for manatee photos but also an opportunity to envision manatees in the creek even during the summer months.

Muralist Kenny Maguire worked with *ManaTeam* staff to design a life-like manatee mural that will also reflect the natural brackish environment of Moore's Creek. In preparation for this project, he has researched manatee habits, protection, and physical features. He is donating a portion of his time

toward this project in support of the Manatee Center mission and Downtown Fort Pierce. He is a talented, multi-faceted artist, and brings a lifetime of mural experience to this project, including many murals on the Treasure Coast. He lived for years on South Hutchinson Island, and now lives with his wife in Tallahassee. They look forward to eventually moving back to the area to be closer to her family, in Jensen Beach, and their favorite hometown Treasure Coast.

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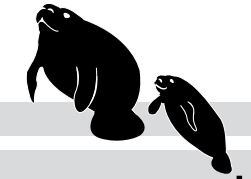
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## The Manatee Center March Events

**Friday, March 12th at 12:00 p.m.**  
**Florida-Friendly Landscaping – What Can You Do?**  
*Lunch & Learn* — Join us for a special online presentation at noon on Friday, March 12th at 12 p.m. Presented by Kate Rotindo, Urban Horticulture Extension Agent at the University of Florida Institute of Food and Agricultural Sciences. Grab your lunch, turn on your computer, and join us at [www.Facebook.com/Manatee-Center](http://www.Facebook.com/Manatee-Center) for this Facebook Live presentation.

**Saturdays, March 6, 13, 20, 27**  
**Guided Kayak Trip**  
Look for wildlife, get up close and personal with mangroves, learn about the Indian River Lagoon on an easy ninety-minute paddle led by a MOEC naturalist. Great for beginners and anyone who wants to learn more about the Lagoon. The fee for this program is \$30 per person and includes kayak, paddle and safety gear. Registration is required. Call (772) 466-1600 ext.3337 or e-mail [Education@ManateeEducationCenter.org](mailto:Education@ManateeEducationCenter.org) for more information or to register.

Kenny's art is not only beautifully detailed and eye-catching, but also environmentally safe. He uses non-toxic, water-based paint that is free of lacquer and chemical thinners. And to carry out this special mural and reach the seawall, he will be using a ladder with ladder hooks. If any manatees approach him while he is in the water, he will get out of the water and make sure to give them their natural space to roam.

Most recently, Kenny painted a Fort Pierce evening silhouette mural in the new **2nd Street Bistro Raw Bar**. The Manatee Center is also partnering with the Raw Bar to collect their used oyster shells for an expansion of our *Living Docks* oyster program to filter water in Moore's Creek. Each oyster shell filters 50 gallons of water per day, and we'll be installing thousands of oysters into the Creek on the dock pilings next to the Center. The oyster project was also one of the fundraisers for this project. For a small donation, you can write your name on an oyster that will later be installed on a piling in Moore's Creek!

We are very grateful to our community, the *TCPalm 12 Days of Christmas* series that featured this fundraiser, and to the **Fort Pierce City Marina** for making this project possible. Stay tuned on our Facebook page ([Facebook.com/ManateeCenter](http://Facebook.com/ManateeCenter)) to watch for film and photo updates as the mural is installed this Spring. ❖

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## St. Lucie Cultural Alliance Moves to Downtown Fort Pierce

by Laura Louise Tingo

The *St. Lucie Cultural Alliance* is pleased to announce the move to its new home, nestled in exquisite gallery space in Downtown Fort Pierce's cultural center, at 111 Orange Avenue, in Fort Pierce. Perched on the 3rd floor of the vintage, architectural icon, the beautiful gallery enables the Alliance to showcase each member of its steadily growing family with events, exhibitions, classes, and more! This year alone, membership has surpassed 100-plus members. The new location will enable the Alliance to expand its offerings by presenting quarterly juried exhibitions, offering classes in various creative disciplines, and facilitating professional development workshops and seminars. In addition, the Alliance will begin to support the cultural community through a grant program starting this Spring.

"Being a part of the vibrant Fort Pierce Downtown is essential for the *St. Lucie Cultural Alliance's* efforts to promote and grow the blossoming creative community in the City of Fort Pierce and greater St. Lucie County area," said Alyona Ushe, executive director of the *St. Lucie Cultural Alliance*. "The new location will serve artists, art lovers, businesses, residents, and visitors."

Partnerships in place to generate support for the *St. Lucie Cultural Alliance* include the city's *Downtown Business Alliance*. Both dedicated champions for its monthly art walk to support local galleries and infuse more arts with visual and

performing artists lining the streets in front of participating businesses — this partnership is poised to grow and strengthen the artist community and ramp up widespread excitement for this anticipated, beloved event.

Another powerful initiative that the Alliance recently implemented is "Arts Made in St. Lucie." Its first partner is the Chamber of Commerce aligning to sell unique local treasures created by members of the Alliance in its **House of Seven Gables**. "We are committed to showcasing the incredible talent to our visitors and residents alike," said Ushe. "Providing additional venues for our artists' work to be purchased is one of our main priorities."

In a short time since moving to the 111 Orange Building in December 2020, the Alliance has already forged relationships with local businesses. It is proud to be a part of the Event Committee, spearheaded by Beryl Muise of **Notions & Portions**, and is working with city staff to develop and expand events throughout the downtown area, and beyond as a vibrant tourism draw.

The Alliance plans to hold monthly marketing meetings to offer members a place to gather and share information about upcoming events and support one another with effective cross-promotional initiatives. A calendar of events is featured on the Alliance's website and promotes its artist members and partners on all available social media chan-



nels. In addition, this spring, the Alliance will launch its first magazine in collaboration with *Martin Arts Magazine* and distribute it throughout the Treasure Coast. Feature articles and human stories, events, and cultural programs will fill the pages of this brand-new, exciting publication. A listing of contributing artists working or residing in the County will be listed. Special just for members — is the exclusive opportunity to have their contact information listed in a special section.

The Alliance invites artists to join at a special offering of 25% off to its members to advertise in the new magazine — a Treasure Coast-wide publication of 8,000 copies and mailed to affluent art lovers and connoisseurs.

Some additional benefits of membership with the *St. Lucie Cultural Alliance* include:

- Listing in the *Cultural Alliance* online membership directory and website;
- Individual page on the *Cultural Alliance* website and a direct

link to the organization's website;

- Marketing support via e-blasts and social media
- Complimentary admission to *Cultural Alliance* networking events;
- Discounted admission to quarterly professional development seminars;
- Digital marketplace selling organization's products online;
- Consideration to participate in Creative Passport;
- Access to grants search engine;
- Grants application review;
- Press release review and distribution support;
- Consideration for Board match program;
- Consideration for special project assistance;
- Creative Passports featuring discounts to St. Lucie County creative establishments for full-time employees.

To learn more about the *St. Lucie Cultural Alliance* and the benefits of membership, please visit [ArtStLucie.org](http://ArtStLucie.org), email: [info@artstlucie.org](mailto:info@artstlucie.org) or call 772-462-2783. ❖



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Maundy Thursday April 1 – 5:30 p.m.  
Easter Sunday April 4 – 9:30 a.m.

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6:45 a.m.

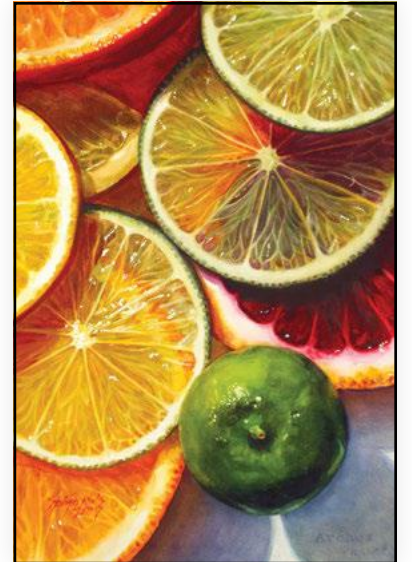
# "60 For 60" At The Backus Museum – Sixty Years On The Indian River

by Robin Dannahower

It was a mild spring morning in April 1960, when six local community leaders gathered in a law office on Orange Avenue. Their experiences were varied, but they were united in their resolve. In this first official meeting, they were energized to embark upon a new beginning for the cultural life of the region that still resonates today.

They described their primary purpose as promoting "a greater appreciation of the arts along the Treasure Coast; to display the works of professional and student artists fairly; (and) to raise art awareness and artistic standards in the community." By 1961, a new building was constructed to make that dream a destination. Now, six decades later, we can all celebrate their enduring vision and the vibrant history that today is embodied by the A.E. Backus Museum & Gallery.

Celebrating the 60th Season, the Museum invited 10 past winners of the top awards from *The Best of the Best* fine art juried show and the *Through the Eye of the Camera* photography juried show to share a body of six works each in a wide variety of media. These annual creative



Continued on page 18 ...



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**BACKUS ... continued from page 17**

contests routinely result in breathtaking examples that never cease to enthrall viewers. With 60 works for the institution's 60 years, drawn from the two long-beloved competitions from past "Best of Show" award winners, it's truly the best of both worlds.

"We were really trying to think of an exciting way to acknowledge this milestone," said J. Marshall Adams, Executive Director. "As one of the original Founders, it was Backus's desire to encourage artists of all levels, and our long history of juried art exhibitions is something we've always been proud of. Inviting a selection of award-winning artists from over the years to share their work offered a tantalizing opportunity to draw on those traditions in a new way."

Director of Exhibitions Georgina Love worked carefully to select award-winning artists that offered a full range of visual mediums and artistic styles to create an outstanding special exhibition. "By asking artists to show six works for presentation," Love said, "we get a chance to see beyond the snapshot of the single award they won here years ago. Looking at a body of work for each artist, we get to see more range, more depth." She added, "Also in the annual juried shows, there are so many entries, we don't mix the traditional studio artists with the photography artists. But this time, it's fun to see them converge — they have a lot to say to each other on the walls."

*Anniversary Invitational* features works by past top award winners: Laurie Aguera-Arcas, Patricia Corapi, Dawn Currie, Ellen Fischer, Debby Marriott, Erika Masterson, Dawn Miller, Susan Pantuso, Mike Ricciardi, and Frank Spino. The exhibition opens to the public on March 12 and will continue through April 25, 2021 at 500 North Indian River Drive in Historic Downtown Fort Pierce. For more information on the Museum and its programs, visit [www.BackusMuseum.org](http://www.BackusMuseum.org) and follow us on Facebook, Instagram, and Twitter.

All dates and programming subject to change; please check the website for any updates or cancellations.

Please note that at press time we are unable to plan for traditional exhibition opening receptions due to mass gathering limitations during the coronavirus public health crisis. Please watch for announcements for alternatives or for when we are able to schedule future receptions this season. ❖

**ABOUT THE A.E. BACKUS MUSEUM & GALLERY:** Since its founding in 1960 and the first day the doors opened in 1961, the A.E. Backus Museum & Gallery has been a center and catalyst for creativity and culture in our region. The Museum houses the nation's largest public presentation of artwork by Florida's preeminent painter, A.E. "Bean" Backus (1906-1990), and is home to the state's only permanent multimedia exhibition on the Florida Highwaymen. In addition to preserving and perpetuating the artistic and humanitarian legacy of Backus, the Museum organizes and hosts changing exhibitions from artists of national and international acclaim. Celebrating 60 years on the Indian River this season, the Backus Museum was recognized as the 2021 Best Tourist Attraction / Best of the Treasure Coast by the readers of Indian River Magazine.

Regular Season Hours are: Wednesday – Saturday, 10 a.m. to 4 p.m.; Sunday, 12 p.m. to 4 p.m. (closed Monday-Tuesday). Closed Easter Sunday. Admission is \$5 per person; AARP, AAA, and Veterans with appropriate ID receive a \$2 discount. Students with school ID, children under 18, active-duty military, and current members are always free. Visitors are asked to wear face coverings and practice social distancing for the safety and comfort of guests, staff, and volunteers.



**From page 17:** clockwise: *Key Lime #1* by Frank Spino, watercolor on paper, 2019; *Bobcat* by Patty Corapi, photography, 2009; *Disprate* by Dawn Miller, pastel on antique correspondence, 2020; *Utterance* by Erika Masterson, photography, 2020; *Hawkfish on his Perch* by Mike Ricciardi, photography on metal, 2014.

**Above:** *Great Egret Mating Display* by Dawn Currie, black & white photography, 2019; *The Hands of Time* by Susan Pantuso, black & white photography, 2009; *Rockridge Morning* by Ellen Fischer, oil on linen canvas, 2020.

## Fort Pierce Farmers Market – Going Strong at 24!

**W**ow! The **Downtown Fort Pierce Farmers Market** is in its 24th year! Pretty amazing that it has run continuously all these years through heat, hurricanes, cold, and pandemics. Through dedication and hard work of a thoughtful board of directors, and the faithful and industrious vendors, the Market has survived just about everything thrown at it.

Now that the weather is becoming the 'chamber of commerce' perfect days, the Market is once again the place to be on Saturday mornings. Historic downtown Fort Pierce provides the fabulous setting for the **Downtown Fort Pierce Farmers Market** at Marina Square right on the waterfront. Patrons of the Market watch in wonder while seagulls swirl and dive overhead, and mullet and dolphin cruise the lagoon.

Hot coffee and fresh pastries are ready at opening bell. Delicious breakfast bowls of favorite fixins, along with acai bowls and fresh fruit drinks are great ways to start the day. Cruising through the vendors delights the senses with tantalizing smells—fresh popped popcorn, brewing coffee, spicy Jamaican dishes—it's hard to decide which to buy first. Try them all! Some for early, some for later.

Check out the plant vendors, both inside and outside varieties. Flowering plants and shrubs, herbs in pots, and beautiful cut flowers for that perfect arrangement are all at the **Downtown Fort Pierce Farmers Market**.

Shop the many produce vendors, both locally grown and seasonally available. Our local growers take pride in what they

produce, bringing the best of their harvests to Market. Since the world is at our fingertips, most consumers are completely unaware of what actually grows in Florida—definitely not asparagus or raspberries. The produce resellers fill the niche for those vegetables that are always available from anywhere in the world. When you find apples and pears at market they have not been grown locally. But if you find peaches, look for those grown right here!

For fresh fish and seafood, only the best and freshest will do. Stone crabs are in season, while scallops are available year-round. Shrimp are available most of the year, while lobster is seasonal. Fresh or smoked, find your pick at the **Downtown Fort Pierce Farmers Market**.

While some vendors are seasonal, most are year-round regulars. Those who make Fort Pierce or the surrounding areas home find they have many loyal customers at the Market. The seasonal vendors have faithfuls who patiently wait for them to return every winter. New vendors with new ideas are welcomed with open arms. Everyone likes diversity.

The buzz, the hum, the excitement! The music, the smiles, the dancing! The **Downtown Fort Pierce Farmers Market** has it all! It's a Saturday morning tradition! 24 years and going strong, make it part of your day. Every Saturday morning, rain or shine, from 8 a.m. until 12 p.m. at Marina Square in historic downtown Fort Pierce.

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# Love, JAZZ Community: What a Difference a Year Makes

by Don Bestor

One of the most exciting and anticipated annual events on the Treasure Coast comes during the last week of March as *Fort Pierce Jazz and Blues Society* pulls out all the stops and hosts a full week of jazz and blues concerts, inside,

outside, and all-around town in historic downtown Fort Pierce. In the past, we've gotten you all jazzed up on the trolley, wooed you with some *Waterside Blues*, serenaded you with salsa, and dipped you backwards and sideways with our 17-piece big band that has everybody dancing in the streets! Providing this blowout week of music — all of it open to the public and much of it free, has been our

way to show our abundant appreciation to the community which supports us and enjoys our music all year long. If you'll remember, the whole world came to a screeching halt in the middle of March last year, and to ensure the safety of our audience, our musicians, and our community, we were forced to pull the plug on *Jazz Week 2020*.

A year has passed, and while we are still dealing with the effects of a global pandemic, members of the Fort Pierce Jazz and Blues Society still want the community to know it's loved and have a chance to celebrate safely and enjoy some great music.

To that end, we've reworked our annual *Jazz Week* celebration and found a way to share music and memories with you, starting with the Larry Brown Quintet on Tuesday, March 23rd as part of the *Tuesday Night Jazz Jam* at the *Sunrise Black Box Theatre*.

On Wednesday, March 24th, you can enjoy a free waterside concert from 11 a.m. to 2 p.m. right in front of the Fort Pierce Library

at 101 Melody Lane. There's plenty of room to dance, grab lunch, and enjoy the sunshine and great music provided by *Fort Pierce Jazz and Blues Society's* professional players and vocalists. But that's not all!

On Thursday, March 25th, *Fort Pierce Jazz and Blues Society* will present yet another *free* concert from 11 a.m. to 2



p.m. by the waterside on Melody Lane. And just before the sun sets, you'll find yourself 'Dancin' on 2nd Street with all 17 pieces of *FDO* — the 'big swingin' band designed for dancing only. This crowd-pleasing group does it all — everything from swing to cha cha, rock and roll to disco, so wear your dancing shoes because, of course, there will be a dance contest at this *FREE* evening concert.

Friday, March 26th will find us 'down by the riverside' again with the final, *free* concert from 11 a.m. to 2 p.m. in beautiful downtown Fort Pierce. We're not even going to tell you who's playing that day because — well, because everyone loves a surprise, especially when it comes in the form of a free musical concert from some of the country's finest musicians.

Sure, life has changed a lot since we all learned the new vocabulary and lifestyle that accompany Covid-19, but that doesn't mean we can't have fun and celebrate living in the most beautiful place on the planet and sharing the community with the world's most wonderful friends and neighbors. We hope you'll come out and help celebrate *Jazz Week 2021*, and we hope you'll accept our small gift of gratitude for your kindness all year long.

As you know, *Fort Pierce Jazz and Blues Society* is all about keeping our ticket prices very low to ensure it's not a hardship for you and to give everyone a chance to enjoy great music, and we work hard all year long to raise funds to provide scholarships for up-and-coming young musicians to keep live music alive. It's our commitment to you, and it's our in-the-flesh expression of our love for the music and the community which helps to feed that love and keep it alive and thriving. If you'd like to show your love, please consider becoming a member, stopping by a *Jazz Jam* any Tuesday evening, or visiting us at [www.jazzsociety.org](http://www.jazzsociety.org), or call (772) 460-JAZZ today. ❖



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# TREASURES OF THE PAST

100 years ago this month as reported in the March 26, 1921 edition of the **Palm Beach Post**

## St. Lucie Sheriff Another Victim of Whiskey Business

### Drowned while taking possession of a Liquor-Running Boat at Oslo

The illicit whiskey traffic in St. Lucie County claimed another victim last night when Sheriff W.R. Monroe, of Fort Pierce, was drowned while taking to the county seat a whiskey runner he had arrested and in whose boat he was riding when the boat caught fire and burned. The three occupants of the burning boat jumped into the Indian River: two of them saved their lives by swimming to land, but Sheriff Monroe was drowned. At 9 o'clock last night the sheriff's body had not been recovered. The only explanation tendered as to how two men escaped and the sheriff died was that "It was his hard luck."

Sheriff Monroe received a telephone message from Quay between 5:30 and 6 o'clock last evening at his office in Fort Pierce asking him to go to that place on important business, according to a man in his office who reported the circumstance to The Post last night. The message was from Deputy Sheriff Sapp at Quay. The important business was to capture a boat and cargo of liquor and arrest the liquor runners. The boat was captured and one of the three whiskey runners was arrested. On the way to Fort Pierce the boat's engine back-fired and the boat caught fire in the stream, it is said, Sheriff Monroe drowning when he jumped into the water to escape the fire. The bootlegger was taken to Fort Pierce, where he made bond and was released.

Sheriff Monroe had been a resident of St. Lucie County for about ten years having gone there from Monticello. He was 36 years old, married and had five children. He was Sheriff Jones deputy when Jones resigned about ten months ago; on Jones resignation he was nominated in the June primary, after which Gov. Catts appointed him, and he was elected in November election.

The exact point of drowning was not made clear in the reports from Fort Pierce last night, one of the reports being that the drowning was near Viking and another that it was at Oslo.

[Article notes: At the time this article was written St. Lucie County extended north to the Sebastian area. The current county boundaries were reconfigured in 1925. Sheriff Jones (mentioned in 3rd paragraph) was the original owner of the historic, red brick, Boston House located just south of the St. Lucie County courthouse.]

75 years ago this month as reported in The March 5, 1946 edition of the **Miami News**

## Store Expands at Fort Pierce

The J.C. Penney Co. is taking over a storefront adjoining its local establishment, which will add 15 feet of street frontage to its store and provide considerable additional floor space.

The store, according to Manager W.R. Higgins, will be completely rearranged, new equipment installed and new departments added.

The March 13, 1946 edition of the **Miami Herald**

## Fort Pierce Yacht Basin Release Set – City to Regain Area from Coast Guard

The local yacht basin will be released to the city on March 31, according to notification to City Manager Clyde E. Swank by Coast Guard authorities.

The Coast Guard took over the basin early in the war period and has had exclusive use of it since with administrative offices of the captain of the port and personnel barracks and other facilities located on the yacht basin fill.

A survey board will meet at the basin at 2 p.m. Wednesday to determine the status of the property and what restoration is to be made. The city, it is indicated, will seek the replacement of seawall and piling where they have deteriorated.

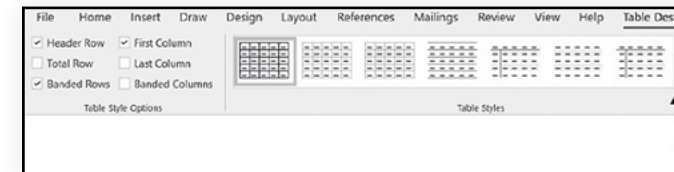


# Microsoft Tips & Tricks

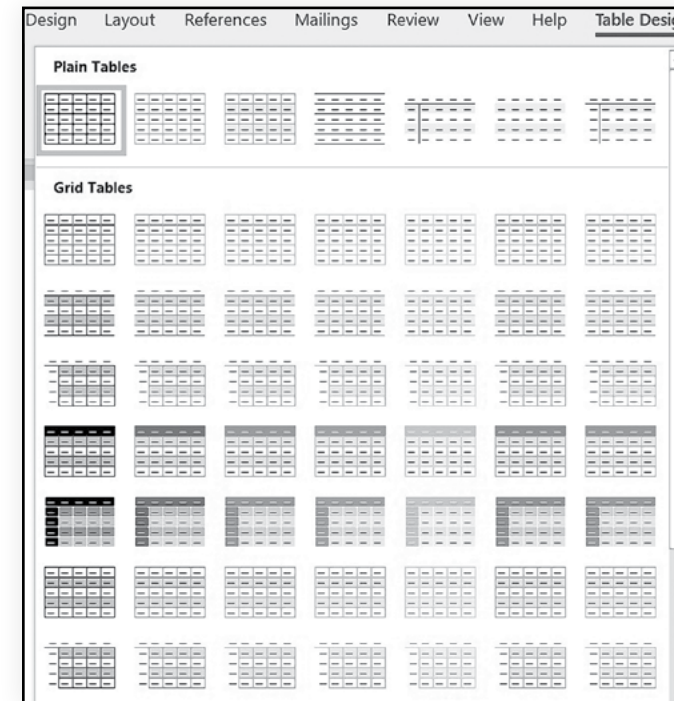
by Sue Dannahower

## ➤ MICROSOFT WORD TABLES: PART III

Word defaults to the Table Grid format which applies almost no formatting. But using Word's Tables Styles, you can quickly format a table.



Put your cursor anywhere in the table. Then click **Design** and select **Table Design**. Click the gallery's down arrow to see the full gallery.



When you find a style that meets your needs, click it. If the resulting table isn't exactly what you want, continue to tweak it.

Table Formatted using Table Styles

LAST	FIRST	SALARY
Smith	John	\$55,000
Johnson	Robert	\$45,000
Miller	Suzanne	\$99,000
Brown	Valerie	\$35,000



by Sue Dannahower

## Salad Hacks

I use fresh cooked corn (cooled) on salads. Shuck and wash corn, then wrap in a wet paper towel. Microwave for 3-1/2 minutes. Remove paper towel, cool, then cut corn off the cob. I have a new gadget called a "corn stripper" that cuts corn off in seconds.

Homemade Vinaigrettes are much healthier than store bought. Make the vinaigrette with 2 parts fat (olive or avocado oil) and 1 part acid (lime, lemon, and/or vinegar), crushed fresh garlic and herbs like basil, dill, etc.

I like to add some Swag to my greens. These add unexpected texture and flavor. Try black olives, tinned beans (lima beans and garbanzo beans are both great in salads for a protein boost), hearts of palm, artichoke hearts, canned baby corn, sun-dried tomatoes, roasted nuts and more.



# Increasing Resiliency: Treasure Coast Regional Planning Council Working On Recovery From COVID-19 Economic Impacts

Through the U.S. Department of Commerce's Economic Development Administration, the *Treasure Coast Regional Planning Council* (TCRPC) received CARES Act Funds to address the near-term and long-term economic impacts of the COVID-19 pandemic.

As the region continues to deal with the impacts of the COVID-19 pandemic, TCRPC has been working with many communities and organizations to assist with response and recovery. TCRPC is here to be a source of information and a resource for COVID-19 response and initiatives important to the Treasure Coast Region of Indian River, St. Lucie, Martin and Palm Beach counties. Throughout the month of March, we will be conducting an online survey of businesses and



organizations in the region to help understand the continuing impact of the COVID-19 pandemic and to create an online resource with the programs and services you need. Your responses to our survey will help us focus on providing the content needed for a successful recovery. Beyond that horizon, your responses will also show us how to strengthen small businesses in the region, expand on successes, and become more resilient to any business disruptions. A task force to help guide recovery efforts going forward is in the process of being formulated. Businesses and organizations may contact Terry Ann Paulo, Disaster Economic Recovery Coordinator, for more information or with any questions at 772-221-4060 or by email at [tpaulo@tcprc.org](mailto:tpaulo@tcprc.org).

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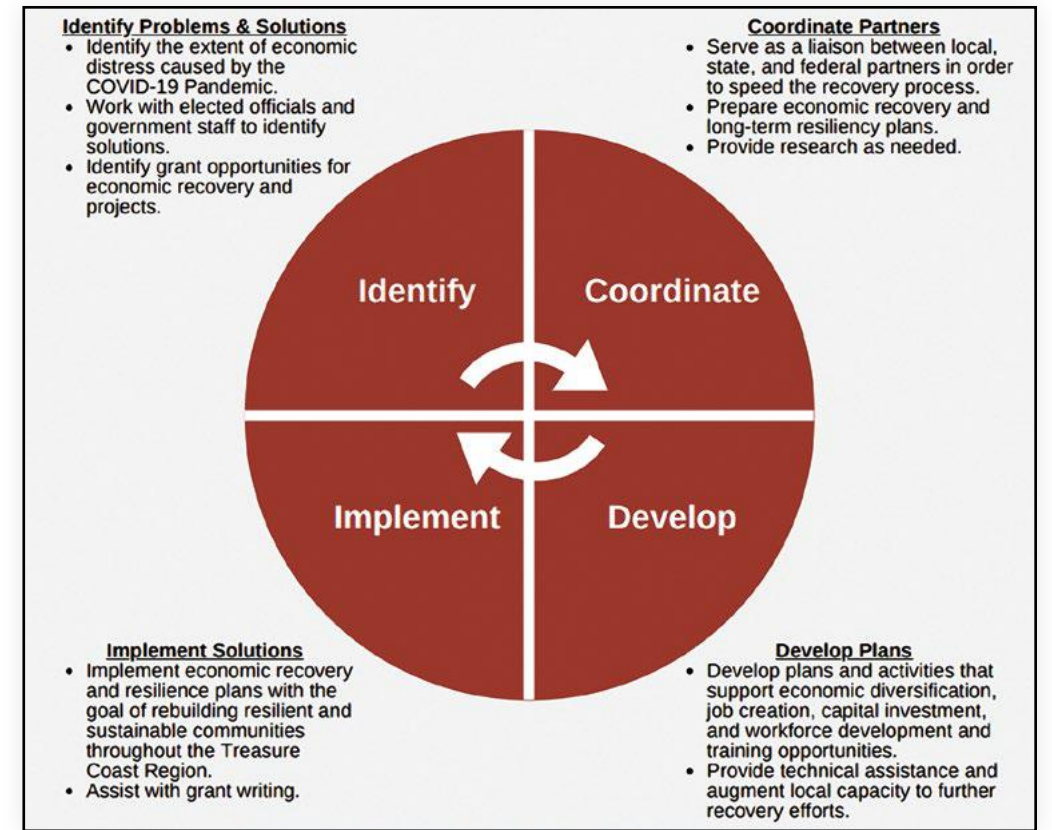
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The TCRPC was created in 1976 through an interlocal agreement between Indian River, St. Lucie, Martin, and Palm Beach counties and works for the betterment of the region through information sharing, coordinated planning, intergovernmental conflict avoidance, transportation policy, downtown redevelopment, emergency management and first responder training, environmental enhancement, and economic development. Please visit [www.tcprc.org](http://www.tcprc.org) for more information. ❖



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  - Naturalization • National Interest Waiver – self petition

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## 6 Ways Your Best Customers Can Help Market Your Business

by *Rieva Lesonsky* & Published on *www.sba.gov*



You've probably heard of "brand advocates" who help promote products they use on social media. (Maybe you even have some online brand advocates of your own.) But did you realize that your business has brand advocates off-line as well?

You've probably heard of "brand advocates" who help promote products they use on social media. (Maybe you even have some online brand advocates of your own.) But did you realize that your business has brand advocates off-line as well?

The concept of brand advocates has been around for decades under many different names. Ken Blanchard called them "raving fans;" Apple dubbed them "evangelists." Essentially, the idea is the same: A business's best customers are its most powerful marketing tools.

### What Makes Brand Advocacy So Effective?

Brand advocacy has several advantages as a marketing method:

- ✓ It doesn't cost you anything, which lowers your customer acquisition cost, increasing your profitability.
- ✓ It builds trust. According to a Nielsen survey, 82 percent of all consumers and a whopping 92 percent of consumers aged 18 to 34 ask other people for recommendations before making a purchase.
- ✓ It strengthens your bonds with your most satisfied customers by creating an ongoing relationship.

### How to Get Started With Brand Advocacy

Now that you know the benefits of brand advocates, how can you get your best customers to help market your business? Here are six ideas to get you going.

- ✓ Create a VIP panel. Putting your brand advocates on a VIP customer panel not only makes them feel special, but also benefits your business. Give your VIPs early access to new products or services, and ask them to share their experiences. Ask for their feedback on how you can improve your customer service, or what new products they'd like to see you introduce. You'll get valuable insights in addition to free marketing.
- ✓ Involve your brand advocates in content marketing. Create an email newsletter just for your brand advocates that's full

of helpful content. Encourage them to forward the information to people they think might find it useful, and to share it on social media.

✓ Reward brand advocates for their help. Discounts, exclusive offers, and promotional materials are easy ways to thank your brand advocates for spreading the word. (Make sure, however, that you don't reward customers for posting online reviews—this can violate the rules of review sites.) You can also hold special events to thank your brand advocates. If you sell B2B, you can reward your brand advocates by advocating for their businesses as well.

✓ Give them plenty of your business cards to pass out. Whenever you meet with a brand advocate, give them a small stack of your business cards. Mail them a few dozen business cards every few months. Ask them to share the cards with others who might need your product or service.

✓ Ask your best customers to serve as references. Do prospective customers often have questions about your product or service? For example, if you sell software to businesses, or landscaping services to homeowners, prospects probably want to talk to your past customers before making a decision. Find out if your top customers are willing to talk to prospects about what it's like to work with your business. (Just make sure you don't overload any one customer with reference calls.)

✓ Ask them to provide customer testimonials. See if your best customers are willing to write testimonials about your product, service or company. If they're shy about their writing skills, have an employee interview them and write up a testimonial for the customer to approve. Better yet, ask if your customer would be willing to film a short video testimonial, or be interviewed on video about how your product or service helped them. Share the testimonials and videos on your website.

Once you get started with a brand advocacy program, you'll find that it's one of the most effective ways to market your business while also learning more about your customers. ❖



## Toddlers

by *Lisa Jill Allison, Lisa Jill Allison Art Gallery*



Well apparently, time does march on, as we now enter the month of March.

Optimistic, yes! A bit befuddled and worn out, also yes. My first inclination is to say thank you to everyone around me, and globally for that matter who, for the most part, keeps a smile on

their face and a spring in their step. You are an inspiration to me. When I feel road worn, I remember our encounters where you shared your sparkle and shine. I draw to mind your ability to step forward in faith and I desire to emulate it. I can only speak for myself and yet I feel that I am not alone in this regard; more effort is needed in many aspects of life now to keep the ball rolling. There are a variety of reasons for this being the case and they seem vague and not easily defined.

Having said all of that, where do we go from here? We are actually into a new year and an illustration regarding this has come to mind. For any of us who have had kids, or for that matter even interacted with kids, we know that some moments in a child's life are radiant and some moments are difficult. A toddler can go from sunny to dark like switching a light switch. When their tumultuous moment is over, in their mind it is moved past swiftly and they are unaware of the residual swath of disruption it may have left. For the toddler, and I specifically use the word toddler because it seems to be that this is the particular age group that has mastered this skill, it is as if the page has been turned, well actually, it is as if the chapter has been finished and they are on to a new story. As adults dealing with this it may take us time to turn the page, close the chapter, and move back into the little one's sunny space.

What can we learn from a toddler's approach? When a dark spot crosses our path, can we acknowledge it, maybe even have a light temper tantrum, get a hug and then refuse the adult

like urge to stay in that space? Can we purposely seek out that bright sunny spot on the other side? And as someone around another who is struggling with a dark patch, can we, as we do with a dear toddler, acknowledge their difficulty, offer a hug (or whatever socially distancing appropriate substitute you use) and help them move through it with comfort and ease.

Often, when a child feels distressed, we divert their attention maybe holding out something shiny to capture their eye. This can often break the struggle spell. We all have tricks up our sleeves in this regard. For the time being let's love each other like cranky toddlers.

We have all seen nightmares this past year. Although we deep down know it always exists, we have seen, up close, human against human in so many aspects of life in this last year. A cloak of fear on many fronts, physical, financial, racial, political, emotional and spiritual, has shrouded us closely on a very personal level. We are over stimulated, under fed, and rather traumatized, tired, cranky toddlers. We all need a hug and we can do just that!

### SECURITY

WE DON'T HAVE A BLANKET  
WE DON'T HAVE A BEAR  
WE ARE CALLED TO BE BRAVE  
BAD WEATHER TO FAIR.

ALONE IT'S A STRUGGLE  
IT CAN FEEL LIKE TOO MUCH  
YET TOGETHER, WITH LOVE  
WE CAN CONQUER SO MUCH

SO, LET'S BAND TOGETHER  
BE THE BLANKET AND BEAR  
SEE EACH OTHER LIKE TODDLERS  
SHOW SOFT LOVING CARE.

WITH THE BLANKETS AND BEARS  
OF SOFT HUMAN WAYS  
THE DARKNESS CAN SHIFT  
TO BRIGHT SUNNY DAYS.

When you're up and in a sunny space, share it. When you dip into some darkness, reach out, surely someone around you is adulating at the moment. Endeavor to find that light switch to go from struggle to joy. It was built into each of us. If you can't find it, spend some time with a toddler and see it is possible. As a side note, I am very sure some exhausted parent out there would be delighted for you to spend some time with their toddler.

I am not in any way making light of serious issues many have faced and are facing and I always encourage people to bring in professionals during difficult times. Yet, even on a small scale WE do make a difference. We can be the catalyst for a feeling of love, compassion, acceptance and nurturing in a world that can surely use all the sunshine it can get. Let's acknowledge and embrace the toddler within ourselves and others.

# Go Fishing and Get Lucky!

by Captain Bo Samuel

Ready to try your luck at fishing?! March is a fantastic time to get out on the water! You're really missing out on a lot of fun and one prime reason this is known as the Treasure Coast if you aren't going fishing. Inshore and offshore are producing great catches like sails, redfish, cobia, snapper, trout, snook, and sheepshead.



Florida's state saltwater fish is the large pelagic sailfish. These lively fish can be caught by trolling offshore about 15 to 25 miles out using mullet or naked ballyhoo. Try to keep an eye out for cobia this time of year, too. The migratory cobia are highly attracted to floating objects and debris, as well as area buoys. Bottom fishing on the reef in about 60-90 foot can get you a lot of big snapper action like mangroves, muttuns, and lanes.

Permit have been active inshore and near-shore especially on the shallow reefs. You will get some great permit action using live shrimp or blue crabs. Permit size must not be less than 11 inches or more than 22 inches to the fork. The sheepshead action is still going strong with live shrimp on the shallow reefs along the beach in about 15-30 feet of

water. Spotted seatrout, also called speckled trout, are being caught over sandy bottoms and seagrass beds. Zach and Lorae Foltz are showing off some nice trout in the photo.

For more fishing rules and regulations, check your local bait and tackle shop like Little Jim Bait and Tackle. If you're looking for a little luck, it's on the water! *Happy St. Patrick's Day and keep Pullin Drag!*

## Recipe Corner by Sue Dannahower

### Burger Bowl

The holidays are over, we need to eat healthy again. Here is a quick and easy recipe that is so satisfying with very few carbs and calories. I've included a variations on this uncomplicated dinner. The recipe serves two.



#### American Burger (or Chicken) Bowl

- 1 cup baby spinach/arugula mix
- 1 avocado, halved and cut into chunks
- 2 slices red onion
- 1 Beefsteak tomato, sliced
- 1 ear corn on the cob, cooked and cut off cob
- 2 tablespoons dill relish or sliced pickles
- 2 1/3 pound burgers (or chicken breast), grilled
- 2 slices cheddar cheese, melted on burger/chicken

Assemble salad ingredients. Top with cooked cheeseburgers or chicken.

#### Vinaigrette

- 4 Tablespoon EVOO
- 2 Tablespoons lime juice
- 1 garlic clove, crushed
- Salt & Pepper to taste

Mix and pour over salad. *Enjoy!*

**Mexican Version:** Use Queso Fresco cheese. Add black beans and cilantro in the salad. Add cumin to the vinaigrette.

**Greek Version:** Use Feta cheese. Include black olives and cucumbers in the salad. Add dill to the vinaigrette.



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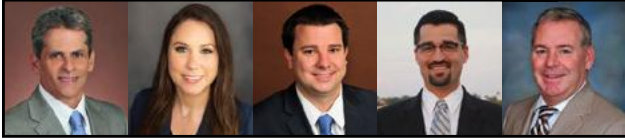
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