



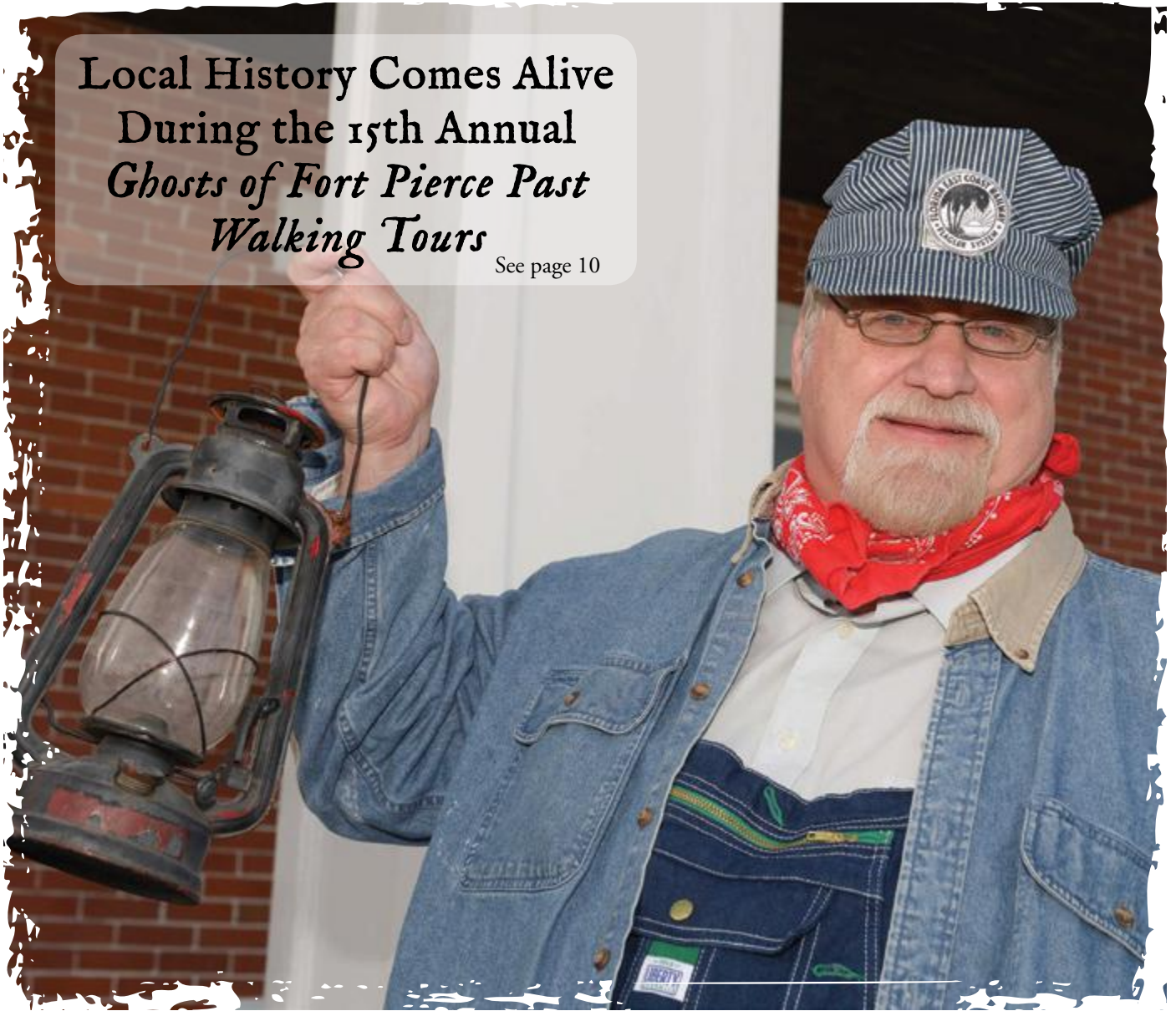
Volume 15, No. 3      October, 2019

# FOCUS

The Official Monthly Newspaper of Main Street Fort Pierce

## Local History Comes Alive During the 15th Annual *Ghosts of Fort Pierce Past Walking Tours*

See page 10



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**Coffee**  
WITH THE MAYOR



Mayor Linda Hudson invites you to join her for Community News, Special Announcements, Complimentary Coffee, Orchid Island Juice, Breakfast Treats, and more!

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**Friday, October 18 at 8:00 a.m.**  
**at Fort Pierce Yacht Club**  
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**PRESIDENT'S MESSAGE**

# Ghosts of Fort Pierce Past Signature Downtown Event on October 23 & 24

by Sue Dannahower



In October, *Main Street Fort Pierce* hosts my favorite event, “*Ghosts of Fort Pierce Past*” *Historic Walking Tours*. This is a two-day event: Wednesday, October 23rd and Thursday, October 24th.

The *Ghost Walk* committee is made up of local historians committed to sharing the stories of our past. Many of the characters are played by descendants of the actual “Ghosts” from Fort Pierce’s past. Others are played by downtown business owners and downtown supporters.


The tours continue to grow bigger and better every year. Last year we had a record crowd with over 1,200 people. Tickets are

\$10 per person. We sell out every year, so call today (772) 466-3880 to make your reservation.

*Friday Fest* is on Friday, October 4th, 5:30 to 9:00 p.m. on Melody Lane. *Coffee with the Mayor* will be held on Friday, October 18th at 8:00 a.m. at the **Fort Pierce Yacht Club** located at 700 North Indian River Drive.

*Main Street Fort Pierce* holds over 30 events each year. These events help us to renovate and refurbish historic buildings like the **Sunrise Theatre**, **Historic City Hall**, and the **Platts/Backus House**. *Main Street Fort Pierce* is committed to preserving the past, enriching the future, and making our community the best place possible to live, work, and play!

*Remember to shop and dine locally!* ❖



## MAIN STREET FOCUS FORT PIERCE

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Volume 15, No. 3
October 2019

Publisher	Main Street Fort Pierce Inc.
Editor	Joanne Blandford
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# Calendar

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

### MONTHLY EVENTS

**October 4, Friday: FRIDAY FEST** — 5:30 to 9:00 p.m. at Marina Square & Melody Lane; Live music with **River Dawgs**; **POWER WEEK**, sponsored by FPUA; Main Street Fort Pierce, 466-3880; www.mainstreetfortpierce.org.

**October 4, Friday to October 6, Sunday: U.S. NATIONALS FIREFIGHTER COMBAT CHALLENGE** — **Manatee Center** and **Backus Museum & Gallery** parking lot; 480 North Indian River Drive; www.firefighterchallenge.com.

**October 11, Friday: ST. ANDREW'S EPISCOPAL ACADEMY 3RD ANNUAL MURDER MYSTERY** — *The Case of the Waterlogged Ghost*; 6:30 to 9:30 p.m.; begins at the **Hideaway at 2nd Street Bistro**; tickets \$35 per person; online purchase [staacademy.org/events](http://staacademy.org/events) or at Lower School office, 210 S. Indian River Dr.

**October 12, Saturday: COSTUME SWAP AT KILMER BRANCH LIBRARY** — Bring gently used costume to swap to receive a ticket to exchange a "new to you" costume; call 462-2199 for more information.

**October 12, Saturday: OKTOBERFEST ON 2ND STREET** — 2:00 p.m. thru all night; Costume contest at 7:30 p.m.; 2nd Street between Marina Way & Orange Avenue; **Sailfish Brewing Company & 2nd Street Bistro**; www.sailfishbrewingco.com, Facebook — Sailfish Brewing Company and/or 2nd Street Bistro.

**October 18, Friday: COFFEE WITH THE MAYOR** — 8:00 a.m. at the **Fort Pierce Yacht Club**; Sponsor — **Seacoast Bank**; Main Street Fort Pierce, 466-3880; www.mainstreetfortpierce.org.

**October 18, Friday: ARTWALK** — 5 to 8:00 p.m.; Various studios and shops open throughout the downtown area; [seriouslymixedmedia.com](http://seriouslymixedmedia.com), [artconnectionfp.com](http://artconnectionfp.com).

### 15th Annual Ghosts of Fort Pierce Past Walking Tours

**October 23, Wednesday: SUNRISE CITY** — Orange Ave. & 2nd St. & Can Town Tours Avenue A  
**October 24, Thursday: HISTORIC EDGARTOWN & PEACOCK ARTS DISTRICT**; walking tours are \$10 each for adults \$5 children (5-15); Reservations are required. For more information or to reserve a tour please call 466-3880. Tours leave every 15 minutes from 5:30 – 7:30 p.m.; (See story).

**October 24, Thursday: HALLOWEEN AT THE MANATEE CENTER** — 6:00 p.m. at the **Manatee Observation & Education Center**; come learn the Monster Mash from **Lincoln Park Academy Theatre ZOMBIES**; 772-429-6266, www.manateeeducationcenter.org.

**October 26, Saturday: INDIAN RIVER LAGOON SCIENCE FESTIVAL** — Free festival featuring hands on activities from exhibitors across the Treasure Coast, stage performances, and more! Veterans Memorial Park; [www.irlsciencefest.org](http://www.irlsciencefest.org).

**October 26, Saturday: HALLOWEEN PUB CRAWL** — 8

p.m. to 1 a.m.; Live music, drink specials, photos booths, DJs, costume contest; **Sailfish, 2nd Street Bistro, Public House, Cobbs**; [www.sailfishbrewingco.com](http://www.sailfishbrewingco.com).

**October 31, Thursday: TRICK OR TREAT ON 2ND STREET** — Businesses throughout downtown will be dressed up and dishing out candy from 5:00 – 8:00 p.m. Bring the family! Candy stops: Taco Dive, LeGit Cuts Barbershop, Sunrise City Café, Notions & Potions, Varsity Sports, Sailfish Brewery, Executive Property Group at Atlantic Shores Realty, Galleria Paradise, The Cake Lady and more; [www.sailfishbrewingco.com](http://www.sailfishbrewingco.com).

### 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, [www.jazzsociety.org](http://www.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

[www.allthingstreasurecoast.com](http://www.allthingstreasurecoast.com)

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

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[www.cobbs-landing.com](http://www.cobbs-landing.com)

**Bottom's Up Public House**

[facebook.com/bottomsuppublichouse](https://facebook.com/bottomsuppublichouse)

### SUNRISE THEATRE & SUNRISE BLACK BOX

772-461-4775 • [www.sunrisetheatre.com](http://www.sunrisetheatre.com)  
SEE BACK COVER FOR UPCOMING SHOWS

**Tuesdays: Jazz Jam at the Sunrise Black Box Theatre** — 7:00 to 10:00 p.m.; 460-5299; [www.jazzsociety.org](http://www.jazzsociety.org).

### MANATEE OBSERVATION & EDUCATION CENTER

429-6266 • [www.ManateeEducationCenter.org](http://www.ManateeEducationCenter.org)

**Tuesdays @ 2:00 p.m.:** *Fin-Tastic Fish Feeding* — come meet the fishes in the Center.

**Wednesdays @ 2:00 p.m.:** *Tide Pool Touch Tank* — touch and hold the urchins, conchs, and more.

**Thursdays @ 2:00 p.m.:** *Meet the MOEC Reptiles* — touch and hold Diego the corn snake and turtles

**Fridays @ 2:00 p.m.:** *Seahorse Snack Time* — watch the MOEC seahorses eat and play.

**Saturdays @ 2:00 p.m.:** *Fin-Tastic Fish Feeding* — come meet the fishes in the Center.

### SUNDAY DOWNTOWN CHURCH SERVICES

**Common Ground Vineyard Church** — 8:30 a.m. & 10:30 a.m.; 460-5414, [www.commongroundvineyard.com](http://www.commongroundvineyard.com).

**First United Methodist Church** — 9:30 a.m.; 464-0440, [www.umatter2Godandus.com](http://www.umatter2Godandus.com).

**Fort Pierce Haitian United Methodist Church**; 940-6728, [www.haitianmethodist.org](http://www.haitianmethodist.org).

**Notre-Dame Mission Catholic Church** — 8 a.m. & 9:30 a.m.; 466-9617, [www.notredamecc.com](http://www.notredamecc.com).

**St. Andrews Episcopal Church (founded 1893)** — 8 a.m. & 10:15 a.m.; Sunday School for all ages at 9:00 a.m.; adult Bible study at 9:15 a.m., nursery provided; 461-5009 [www.mystandrews.org](http://www.mystandrews.org).

### COMMUNITY INFORMATION

**A.E. Backus Museum**

772-465-0630 • [www.backusmuseum.com](http://www.backusmuseum.com)

**Bud Adams Gallery of Historical Photographs**

772-462-1795

2nd Floor of P.P. Cobb Building, Open Fridays and Saturdays, 8:00 a.m. – 2:00 p.m.

**Downtown Fort Pierce Library**

772-462-2787 • [www.st-lucie.lib.fl.us](http://www.st-lucie.lib.fl.us)

**Page to Screen Book & Film Discussion**

Group for Adults

**October 18th – House of Sand and Fog**

**November 15th – The Children Act**

Email [johnsonjen@stlucieco.org](mailto:johnsonjen@stlucieco.org) for more information

**Fort Pierce Jazz & Blues Society**

772-460-5299 • [www.jazzsociety.org](http://www.jazzsociety.org)

**Fort Pierce Police Athletic League**

772-370-6162 • [www.fortpiercepal.com](http://www.fortpiercepal.com)

Volunteers needed: 772-466-0606

**Fort Pierce RiverWalk Center**

600 North Indian River Drive

Please call for complete schedule of exercise classes & games

772-489-6473 • [www.cityoffortpierce.com](http://www.cityoffortpierce.com)

**Fort Pierce Jazz & Blues Society**

772-460-5299 • [jazzsociety.org](http://jazzsociety.org)

**Heathcote Botanical Gardens**

772-464-4672

[heathcotebotanicalgardens.org](http://heathcotebotanicalgardens.org)

**Manatee Observation & Education Center**  
772-429-6266 • [www.ManateeEducationCenter.org](http://www.ManateeEducationCenter.org)

**National Navy UDT-SEAL Museum**  
772-595-5845 • [www.navysealmuseum.org](http://www.navysealmuseum.org)

**St. Lucie County Marine Center**

772-462-3474

[www.stlucieco.gov/marine\\_center](http://www.stlucieco.gov/marine_center)

**St. Lucie County Regional History Center**

772-462-1795 • [www.stlucieco.gov/history](http://www.stlucieco.gov/history)

# Fort Pierce Yacht Club and Manatee Educational and Observation Center Launch Speaker's Forum

The free public forums offered on environmental issues confronting our community are about to begin its second season. Held the third Thursdays from October through March at the **Fort Pierce Yacht Club**, we have invited experts on environmental topics that will appeal to boaters and citizens interested in our water resources to speak. Our goal is to provide the community with solid, science-based information about our local water resources and the factors that impact them to facilitate people's ability to make informed decisions.

These free community programs began in 2016 as "Third Thursdays" by the **Fort Pierce Yacht Club** to highlight the delicate relationship between our community and its waterways, including issues of water quality. During the two years under **FPYC** direction, presenters discussed oyster restoration, waterway cleanup efforts, artificial reefs, monitoring of water toxins, and other related topics. In 2018, the **Manatee Educational and Observation Center** formed a partnership with the **Fort Pierce Yacht Club** to expand the speakers' series. Now called "Eco Evenings," the two entities enjoyed a successful first season in 2018-19 covering such speakers as Dr. Leesa Souto, Executive Director of Marine Resources Council on the Indian River Lagoon Health Update; Dr. Kathryn Tiling, Research Associate Florida Oceanographic Society on



Seagrass restoration and the FOSTER program; Dr. Kelli Hunsucker, Florida Institute of Technology on Living Docks; and Morgan Marmitt & Mike Corbet, Ocean Research & Conservation Association on IRL Water Quality Monitoring & KILROY stations

Doors will open on October 17th, and thereafter every third Thursday through March, at 6:30 p.m. for a social with cash bar, coffee and snacks.

Presentations will begin at 7 p.m. A thank you to **Manatee Foundation** for providing the bar service. ❖

## 2nd St. Barbershop Now Open in Galleria at Pierce Harbor

Sandro Dos Santos specializes in hairstyling for both men and women. *Main Street Fort Pierce* employee, Michelle Cavalcanti, was very pleased with the new hairstyle she received from Sandro. The **2nd St. Barbershop**, located at 100 S. 2nd Street, Unit 201, is open Monday through Saturday from 9:30 a.m. to 7:00 p.m. For an appointment, call (772) 242-1841 or (772) 272-0871. ❖

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# Fall is for Fun at the Manatee Center this October

by April Frederick, Manatee Center Education Coordinator

Fall has most Floridians dreaming of the cooler temperatures to come when they can attend an outdoor activity or event every weekend. You don't have to wait for the "season" to find something fun to do with your family. The **Manatee Observation and Education Center's** calendar is packed with outrageous October fun!

## **Firefighter Combat Challenge – Saturday, October 5**

MOEC is proud to host the **Firefighter Combat Challenge U.S. Nationals** event. This will be an exciting day for the whole family. In addition to watching firefighters from around the country compete in a demanding five-event challenge, there will be games and activities for kids, food vendors and exhibitors and free admission to the **Manatee Center**. Be sure to join us for this fun-filled family day.

## **Lunch and Learn – Night Hunters: Florida's Owls**

**Friday, October 11 at 12:00 p.m.**

Through the ages, owls have been surrounded by myth, mystery and legend. These often-misunderstood hunters of the night are actually highly specialized avian predators. Join MOEC staff to learn how these animals are adapted to their environment and how to identify Florida species by sight and by sound. Stay after the presentation for a special owl pellet lab. For a small fee, participants will dissect an owl pellet to learn about what owls eat. Admission is free.

## **Eco Evenings Science Lectures**

**Thursday, October 17 at 6:30 p.m.**

The **Manatee Center** and the **Fort Pierce Yacht Club** will bring back their popular evening lecture series beginning in October. Join us on the third Thursday of every month at the **Fort Pierce Yacht Club** as experts discuss current environmental topics and share interesting research findings. Each evening begins at 6:30 with a beer and wine social. Lectures begin at 7:00. Admission is free.

## **Homeschool Hopper: From Land to Sea**

**Friday, October 18 at 10:00 a.m.**

The **Manatee Center** is joining seven other agencies and organizations to bring a unique learning experience to area homeschool students. This interactive, immersive series will focus on the diversity of local habitats and ways that students can

be stewards of these treasures. Sessions take place at a different venue each Friday, from September 6th through October 25th, 10:00 a.m. to Noon. The course is appropriate for ages 10 to 14. Cost for the eight-part series is \$45 per student. For more information or to register for part or all of the series, please contact the Savannas Preserve State Park at (772) 398-2779.

## **Manatee Center Annual Halloween Party**

**Thursday, October 24 at 6:00 p.m. – 8:00 p.m.**

Dress the whole family up in your scariest, cutest, most creative Halloween costumes and join us at the **Manatee Center** for a free community Halloween party. There will be games, candy, face painting, crafts, live creepy creatures and lots of fun. Admission is free.

## **City Bat Stroll**

**Tuesday, October 29 at 6:00 p.m. – 8:30 p.m.**

Often feared and misunderstood, bats are captivating, beautiful creatures that are an essential part of a healthy ecosystem. Join Ken Gioeli, University of Florida St. Lucie County Extension Natural Resource Agent, for an informative bat chat at the **Manatee Center**. After the chat, take a stroll along the Indian River Lagoon to listen for bat echolocation with bat detectors. The cost for this special program is \$25 per person. Space is limited and registration is required. This program is best for adults and suitable for children over the age of eight. ❖



# Oktoberfest on 2nd Street Presented by Sailfish Brewing Company and 2nd Street Bistro

*Saturday: October 12th, street party starts at 2:00 p.m.*

Bring on autumn and pull out the lederhosen! One of Downtown Fort Pierce's most popular celebrations of fall and all things Bavarian — **Oktoberfest on 2nd Street** in Downtown Fort Pierce hosted by **Sailfish Brewing Company** and **2nd Street Bistro** — returns for its fourth year of seasonal revelry.

Among the festival excitement is the 2nd Street stage featuring live music from popular local bands throughout the day, the Axe Trailer from Axe EM, Oktoberfest games with Downtown prizes, "Kinderfest" with a bounce house, kids games and other activities for youngsters and families, and a Vendor Village featuring local artists and craftspeople.

**Live Music:** The *String Assassins* 2:30–4:30 p.m. We're kicking the party off with local favorites' the *String Assassins*! The *String Assassins* band is an acoustic power jam band that melds rock, punk and bluegrass influences into an energetic, fast-paced performance that has to be seen and heard to believe.

The *Copper Tones* 5:30–7:30 p.m. Hailing from South Florida, the *Copper Tones* bring sunshine wherever they go. Roots music with a favorable twist of soul, rock, Americana and more, they've coined their genre as "Soulgrass." This group of talented and diverse multi-instrumentalists give a performance not to be missed! Voted *Ft. Lauderdale Magazine's Best Live Act of 2017* and named one of *Shutter 16* magazine's *Top 15 Breakout Artists of 2018*; the *Copper Tones* have gained recognition both nationally and internationally.

*East Harbor* 8:30–10:30 p.m. *East Harbor* always brings the party! This alternative pop band always keeps our party crowd moving. They are coming back by popular request for the 2nd year.

Look out for special **Oktoberfest** beer releases from **Sailfish Brewing Company** and enjoy a liter in the **Beer Hall** on 2nd Street! **2nd Street Bistro** will feature German foods and a full bar on the street.

Enjoy plenty of kid-centric activities, show the kids how to chicken dance and treat the family to some authentic German food. It's the perfect afternoon for everyone.

Free Admission to the street party, free parking in Downtown City Parking Garage between Marina Way and Orange Ave., west of the railroad tracks. No outside drinks, food, or outside coolers. ❖



# St. Andrew's Academy Wants You to Get a Clue!

**S**t. Andrew's Episcopal Academy's annual, and very popular, murder mystery will take place Friday, October 11th, from 6:30 p.m. to 9:30 p.m. Detectives will start out at **2nd Street Bistro's Hideaway Room** for food and spirits, along with the chance to try their luck with tremendous raffle prizes and silent auction items. *The Case of the Waterlogged Ghost* is a spooky story, full of exciting characters. After an exciting time at the *Hideaway*, participants will walk throughout downtown Fort Pierce and will gather clues

from the mystery's characters, stationed at designated Clue Stops. Once they have gathered their clues, guests return to the *Hideaway Room* for the final audio clue and the chance to solve the mystery!

This **St. Andrew's** fundraiser supports scholarships, technology, athletics and the arts, along with innovations that support our students. Tickets for the event are \$35 per person and must be purchased in advance online at [staacademy.org/events](http://staacademy.org/events) or at our Lower School office at 210 S. Indian River Drive. ❖



◀ Jen Bozone as Shelby Roquefort, Lynda Smith as Jennie Smith, Kathleen Edwards as Jillian Carmichael, Front, Lauren Annen as DJ Shady L.

**Paws n Claws Foundation**  
 (772) 222-7150  .org

**The 6th Anniversary Celebration**  
 of the  
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 Saturday, November 9 from 3 p.m. to 7 p.m.  
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[www.pawsnclawsfoundation.org](http://www.pawsnclawsfoundation.org)

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9am - 4pm | 10am - 3pm

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# Local History Comes Alive During the 15th Annual *Ghosts of Fort Pierce Past Walking Tours*

by Joanne Blandford

*Sponsored by Law Firm of Hoskins, Turco Lloyd & Lloyd, Dyer Chevrolet Fort Pierce, and Fee, Yates & Fee, PLLC Attorneys at Law*

The stories of those who lived here before us helped to shape the community we live in today. These stories should be preserved and retold. They enhance the character of the community. The buildings that have stood for decades and outlived the owners, architects and builders that erected them, tell their own stories. They stand as a silent witness to the changes, events, and trends of many generations.

These stories are brought to life each October during the annual *Ghosts of Fort Pierce Past Walking Tours*. *Main Street Fort Pierce* wants tour participants to experience a feeling of going back into the past to learn the stories of interesting local residents and the history of our oldest buildings. To do this each year, many wonderful volunteers act out the parts of local historic figures to give guests a fun history lesson. The law firm of **Hoskins, Turco Lloyd & Lloyd** has sponsored the event for many years and is committed to helping support the retelling and preservation of Fort Pierce's history.

There are four separate tours with eight to ten "ghosts" on each tour. The *Can Town and Sunrise City Tour* will be held on Wednesday, October 23rd this year. On Thursday, October 24th, the *Edgartown* and the *Peacock Arts District* tours will take place. These tours last approximately one hour each and comfortable shoes are recommended for the roughly half-mile

treks. Each tour is \$10 per person age 16 and up, \$5 ages 5 to 15, and no charge for children under 5. Reservations are required and participants asked to arrive 15 minutes prior to their scheduled tour. Rain or shine, the show will go on.

With new characters, new stories and new performers, Fort Pierce history never gets old. Register for one or all four tours today by calling *Main Street Fort Pierce, Inc.* at (772) 466-3880.

*Halloween at the Manatee Center* will run concurrently on Thursday, October 24th from 6 p.m. to 8 p.m.: fun and free night of costumes, candy, and nighttime critter watching. The **Manatee Center** will have games and giveaways. Plus, the *Lincoln Park Academy Theatre Zombies* will show all attendees how to *Monster Mash*.

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## 2019 *Ghost of Fort Pierce Past Walking Tours*

**Wednesday, October 23rd — Tours leave every 15 minutes  
from 5:30–7:30 p.m.**

### **Sunrise City Tour** (*Orange Avenue & 2nd Street*)

Will Tucker & the Tarpon Saloon  
Sunrise Ghost Light and Restoration  
Sunrise Theatre, Through the Decades  
Newspaper Reporter, Mr. Miley  
Governor Dan McCarty and Wife, Olie McCarty  
FEC Railway Engineer & Sheriff William Jones  
Sheriff Dan Carlton  
Mrs. Tyler & the Fort Pierce Hotel Story  
WWII Navy SEAL Training in Fort Pierce  
Alice & Dorothy Binney and Amelia Earhart

### **Can Town Tour** (*Avenue A*)

Henry Flagler's Florida's East Coast Railway  
Steamboat Captain, Stephen Bravo  
Military Presentation  
Peter P. Cobb  
The Ashley Gang  
William Hatcher  
Cow Hunter, Archibald Hendry  
Treasure Hunters

**Thursday, October 24th — Tours leave every 15 minutes  
from 5:30–7:30 p.m.**

### **Edgartown Neighborhood Tour**

Wife of Early Fort Pierce Doctor, Clara Platts  
Landscape Artist & Humanitarian, Beanie Backus  
Resident, Mrs. Cornstock  
Fisherman, Mose Metzger  
Area Pioneers, Lucinda Lagow & Emily Lagow Bell  
Area pioneer, Annie Hogg  
Photographer, Harry Hill & Henry Flagler  
Bessie Palmer & the Love Shack

### **Peacock Arts District Tour** (*Orange Avenue west of US1*)

The Arcade Building  
Judge Alto Adams  
Seminole Indians  
Author & Anthropologist, Zora Neale Hurston  
Joseph Knowles  
Fort Pierce Methodist Church  
Catholic Nuns  
Highwayman Artist, Alfred Hair  
Barefoot Mailman, James Paine  
James Poppell



*\*Tours characters and routes are subject to change.*

*Call Main Street Fort Pierce at 772-466-3880 for tour registration.*

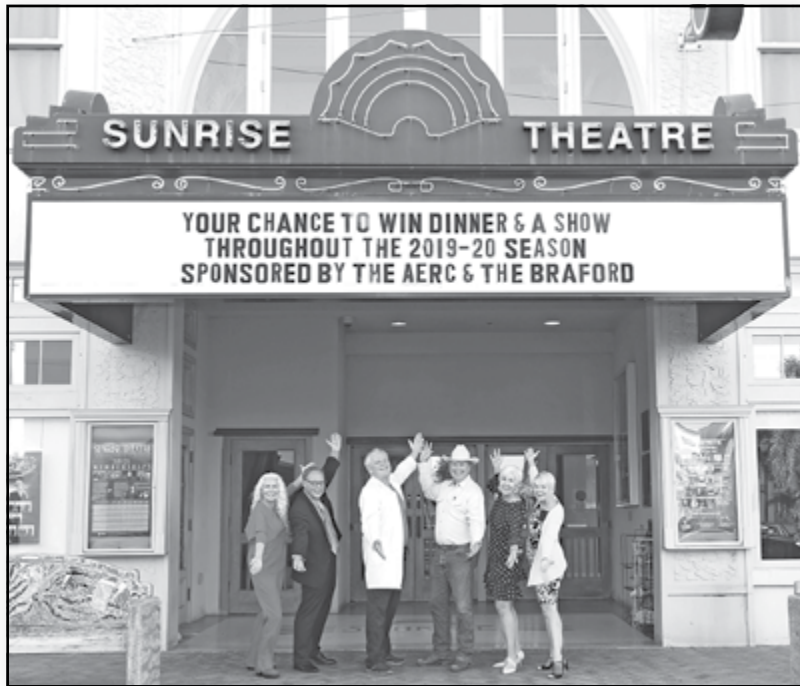
## Presenting ... Your Chance to Win Dinner and a Show

When it comes to setting the stage for another season of performances at the **Sunrise Theatre** in Historic Downtown Fort Pierce, many parts must join together to bring about a perfect harmony, not just for the audience, but also for the surrounding community.

While the promise of high caliber entertainment draws the crowds, so too does the allure of spectacular giveaways thanks to local veterinarian Dr. Ronald Lyman,

Founder/President of the **Animal Emergency and Referral Center** (AERC), and his wife, Kip.

As decades-long supporters and members of the Theatre, the Lymans stepped it up in style as sole members at the \$10,000 *Executive Producer* level for the last six years. As such, they have the distinct honor of producing shows, sponsoring memberships and, giving away premium (almost always PIT) tickets throughout each season. Drawings occur on stage before selected performances and at community events such as *Coffee*



Kip Lyman, Scott McFall, Dr. Ron Lyman, Mike Adams, Anne Satterlee and Sharon Engel

with the Mayor as well as at the monthly continuing education meetings of the *Treasure Coast Veterinary Medical Association* at the **Pelican Yacht Club**.

Dr. Lyman's AERC is also a \$5,000 corporate sponsor for 2020. These funds will benefit the upgrading and upkeep of the **Sunrise** as well as its **Black Box Theatre**.

This season, in conjunction with Executive Director Sharon Engle and Marketing Director Anne Satterlee, the Ly-

man's have teamed up with the **Braford Steakhouse's** Mike Adams, bringing the prized giveaways to the next level! Lucky winners will receive two premium seats to a show, valued between \$155 and \$170, a \$75 **Sunrise Theatre Season Membership** and a gift certificate to the **Braford Steakhouse** worth \$150.

Some of the shows at which a lucky audience member will have a chance to win Dinner, Show, and Membership, include:

☆ The **Allman Betts Band** on October 25th



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- ☆ *Vivancos Born to Dance* on November 22nd
- ☆ *The Nutcracker* on December 26th
- ☆ *Greatest Love of All – Whitney Houston Tribute* on January 24th

Everyone in the audience at one of these shows, plus many others throughout the season, has a chance to win!

“This is all about raising awareness, memberships, and support of our beautiful Theatre,” said Kip Lyman. “The best part is that many of the winners take advantage of the membership to purchase additional tickets ahead of the general public and opt to renew their membership for years to come!”

Dr. Lyman is a Diplomate of the American College of Veterinary Internal Medicine. He received the *Gold Star Award* from the Florida Medical Association for his work in providing continuing education for the region’s veterinarian.

In addition to his position with The AERC, he also serves as Medical Director for Veterinary Hyperbaric Safety (VHS,) a professional consulting firm that provides education, tools, and train-

ing for the use and marketing of Hyperbaric Oxygen Therapy in veterinary medicine. And, although this position involves travel throughout the country, he is proud to call “The Fort” home!

Mike Adams, is the son of Alto (Bud Adams) of the Adams’ Ranch. Incorporated as Adams’ Ranch, Inc. in 1961, and now one of the largest cow-calf ranches in the United States, the Adams have strong ties to the local community as well as an enduring friendship with the founders of the **Sunrise**.

In 2018, the Adams family opened the **Braford Steakhouse** as a showcase to their heritage in the cattle industry. It’s conveniently located just across the street from the **Sunrise**.

Each year, the **Sunrise Theatre** serves over 85,000 patrons and guests. These visitors come from far and wide bringing immeasurable economic benefits to the City of Fort Pierce as well as St. Lucie County.

The Lyman and Adams families have struck the perfect chord when it comes to creating added enthusiasm for this local treasure and its hometown! ❖

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# Witches Brew

by *Britt Anderson*

Most restaurant and bars have their recipes for what is known as *Witches Brew* but in reality, *Witches Brew* is beer. It is probably the oldest beverage known to mankind. The Babylonians and Sumerians probably started making it some 10,000 years ago. The Chinese made it, Vikings made it, South Americans made it and it came to western Europe when that area was developed; although no one knows if the various ethnic groups that overran that area were making or brewing beer long before. Beer had a mythical status with goddesses and priestesses devoted to bringing peace and well-being to society.

In most cases the brewing of beer was the domain of women as they were in charge of household chores and healing and beer was considered a staple. "While men were out hunting, women were out gathering the ingredients they needed to make other food and drink to go with the woolly mammoth or mastodon." (See me for reference.) Often low in alcohol, it contained herbs to help with the beer's antiseptic and antibacterial properties. Hildegard von Bingen, a Benedictine nun, introduced hops and revolutionized brewing in the 11th century. It took hold in Europe by the 2nd century and was brewed almost exclusively at home until the 14th or 15th century.

The women used a large cauldron for brewing and marked their homes with a broomstick when their beers were ready for consumption. If they went to market, the women wore tall pointed hats. They kept cats to chase away the mice who would eat the stored grain. This was a time throughout all of Europe when there were witch trials and the anti-witch propaganda used these breasted symbols to vilify these "independent women." By the 17th century, female brewsters were a thing of the past.

In Spain in the 14th century, the country was in the throes of the Spanish Inquisition under Ferdinand II, and Isabella and the Jews were seen as a threat. (These are the same folks who financed Christopher Columbus to find a new route to the riches of China and found the "new world" of the Americas

instead, but I digress.) The six-pointed star of the Jews was also said to symbolize the important parts of brewing: hops; grain; malt; yeast; water and the brewer; another reason to destroy the witches/women who were brewing beer. The Catholic church got involved. At this point in history the church was anti-Jewish and there was money to be made and who better than the monks in their monasteries to make it. It's earlier tolerance to women who were brewing beer was reversed and the witch became "the slave of the devil." She was no longer associated with pagan goddesses and priestesses. Brewing and healing became male dominated.

If one looks at Shakespeare's *Macbeth* and one of his most epic scenes of witches stirring their cauldron and his words "boil and bubble, toil and trouble," one is struck by these words as a political commentary of the times and the state of the female brewer. It poses an interesting view of that period.

In any event, as we approach Halloween with its witches, brooms, cats and goblins let us take a moment, away from the candy and costumes to sip a glass of the true *Witches Brew* at one of our favorite establishments and toast to the true origins and the many women who made all this possible. As always wishing you *fair winds and following seas*. ❖





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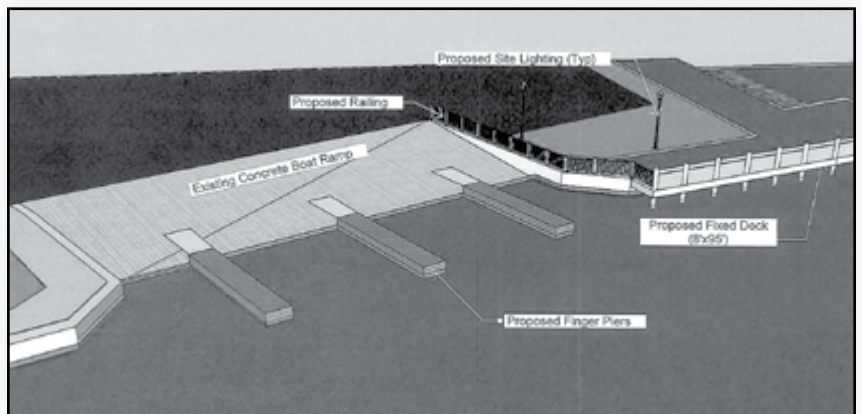
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# City of Fort Pierce Installs New Docks at Moore's Creek Boat Ramp

The City of Fort Pierce is constructing new boat ramps at Moore's Creek by the Manatee Center in beautiful Downtown Fort Pierce. The original 2-dock system was severely damaged by Hurricanes Frances and Jeanne then completely eradicated by Hurricane Wilma. The City of Fort Pierce received two grants from FIND and FWC for supplemental construction funding for the new ramp system. The new design will include three floating docks at 30 feet long, creating five launch lanes for boaters. An 8-foot-wide by 95-foot-long fixed dock will be constructed along the east seawall at the mouth of Moore's Creek giving boaters a safe staging area. The project is set to be completed in Fall 2019. ❖



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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

- Headline Sponsor (\$1,000)
- Patron Sponsor (\$500)

#### Community Levels

- Main Street Friend Membership (\$25)
- Main Street Family Membership (\$50)

#### Corporate Levels

- 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.

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- 3 – Fill out the membership form and mail to:

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Fort Pierce, Florida 34950

# “Through a Child’s Eyes” – Why Downtown Fort Pierce is Magical

by Lisa Jill Allison



Yes! Wonders abound in Downtown Fort Pierce. Whether with child in arms, in stroller, by the hand, or in your heart, these magical places are a must in remembering what’s important.

While spending time with my aging mom in St. Augustine and then coming home on weekends to be with my grandson, these thoughts emerged, then found their way to pen.

Hectic pace, time, priorities all come to the fore. Then there’s magic; the magic found in what many may consider an everyday place. Yet these places are extraordinary, ask a child, they will tell you.

My child teacher is Gavin, my grandson. Together we have a peculiar ability to find spots around town that will literally make your heart sing, a song we too often forget.

We’ll start our tour of magical spots along the water in the park at the corner of Orange Avenue and Melody Lane. A coin or two must be thrown in the fountain to start the adventure right. Then a walk atop the brain coral (fascinating stuff) wall while holding hands, brings us to the marina, where a teeming school of fish await their tasty treat from the marina gift shop; a real bargain at a buck a bag. Once the fish are fed, it is off to the **P.B. Cobbs** building, on the corner of Avenue A and Indian River Drive. With a wander upstairs to the museum, whether you read the plaques or not, the history can be literally felt.

Now it’s up the street to two unexpectedly magical places. First, we visit **Panda Garden**, now renamed China, as my

grandson’s concept of geography expands. Tucked behind **City Hall** is a delightful family of bamboo trees. Just pause here as the breeze sways you to a fleeting vision of a place of playful Pandas. Believe me, and Gavin, there is something magical about this little enclave that will touch your soul, if you let it.

How about a bird’s eye view of Fort Pierce? It’s up in the elevator to the roof of the city’s parking garage. This is actually a must and can easily be incorporated into any downtown day. Just park on the rooftop of the garage when coming downtown. You’ll be glad you did.

The adventure continues. A walk down Second Street, with a peek in all the shop windows and waves to familiar faces brings us to the **St. Lucie County Courthouse** lawn. A sit on the ground by the inspirational plaque, which you will get to read on your adventure, and a stroll underneath the huge shade trees refreshes us to continue our adventure.

The final stop is the **One Eleven Building**, or as we have always called it, “The Bing Bong Building,” christened such as Saint Andrew’s bells clearly serenade us on the hour. Here we are in one of our favorite spots. My studio space for the past eight years and now home to my gallery as well, holds the memories of my then diaper-clad grandson’s first creative works, many of which proudly hang in homes around Fort Pierce.

The **One Eleven Building**, on the corner of Indian River Drive and Orange Avenue, is a beautiful old building that has housed artists for years and now mingles exciting new art, various shops Down Under, professional office space and more, in a congenial mix.

This is the perfect place to end our adventure as we enjoy the creative works of others, chat about life and gain inspiration for the next creative endeavor, whatever it may be...

*“Wonder Wander”*

*Hurry, hurry, here and there  
hurry, hurry, everywhere  
Wait...*

*Take a moment, take a peek  
let your child’s heart to you speak.  
All around you, you will see  
treasures blossom, on sea breeze.  
Through a child’s eyes, take a walk  
special wonders, you’ll hear talk.*

—Lisa Jill Allison

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by Sue Dannahower

## Oil & Water Don't Mix

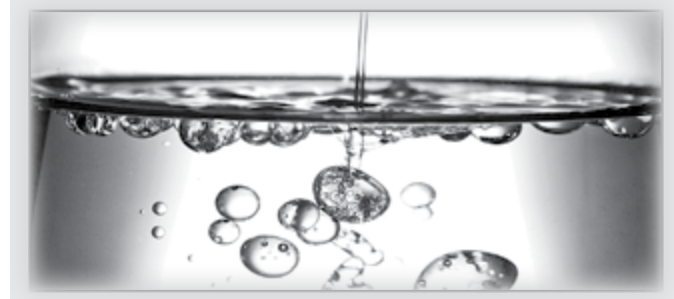
When making salad dressing, we all know that oil and vinegar don't mix. But, do we know why? Vinegar is mostly water, so it does not form a solution with oil. The primary reason that oil and water do not mix is that their individual molecules are strongly attracted to others of their own kind.

So, when we make salad dressings, we need an emulsifier to bind the vinegar and oil together. An emulsifier coats the oil molecules and makes it easier for them to mix with the watery stuff. Mustard is a common emulsifier for homemade salad dressings. Mayonnaise is also an emulsifier, as are egg yolks, citrus, garlic and/or honey.

The magical vinaigrette formula is 1-part vinegar to 3-parts oil, 1 Tablespoon emulsifier plus salt and pepper to taste. Here is the recipe for my favorite salad dressing:

### Lime Vinaigrette

- 1 cup extra-virgin olive oil
- 1/4 cup white wine vinegar of choice
- 2 tablespoons lime juice
- 2 medium cloves garlic, pressed or minced
- 1 teaspoon dried Italian herbs
- 1/4 teaspoon fine sea salt, to taste
- Freshly ground black pepper, to taste



# Love, JAZZ Community: Rubbing Elbows with the Stars

by Wendy Dwyer

Usually, Don writes the monthly column, but once in a while I get a chance to sneak in and commandeer the keyboard and jot down a few words about the tremendous talent, generosity, and humility of the members of the **Fort Pierce Jazz and Blues Society**. I hope you won't mind. — Wendy Dwyer

When you pay your \$8 and find a seat at the **Sunrise Black Box Theatre** on any given Tuesday evening, you probably don't think much about the great deal you've just gotten. You just want to hear some good music. You probably don't stop to think that the guys on the stage have played on Broadway in shows like the Book of Mormon, The King and I, Chicago, The Lion King, Sweet Charity, The Full Monty, Spamalot, and West Side Story. But that's the caliber of musician you're getting, and each of the aforementioned shows featured a musician you might see on the stage at the **Black Box** on any given Tuesday evening.

Like me, you may like the way it sounds when you hear the combo on stage belting out a classic from the *Great American Songbook* or when they toss in something from Chicago or Blood Sweat, and Tears. But most of us have no clue that those unassuming folks on stage actually played with the likes of Tony Bennett, the Tommy Dorsey Orchestra, the Four Tops, Nelson Riddle, Bobby Darin, The Supremes, Neil Se-

daka, Guy Lombardo, Peter Cetera, Styx, Sting, and Sister Sledge. Yes! All of those superstars have shared a stage with the same guys we mix and mingle and joke around with every Tuesday evening.

They don't make a big deal about it, and they certainly aren't up there on the stage bragging about having rubbed elbows with Sammy Davis, Junior or Aretha Franklin. They're just playing music — good music, every single week, and you sing along, laugh at their jokes and cracks, and have a great evening with refreshments for just \$8.

But now that you know what tremendous talent you're mingling with and enjoying every week at the **Sunrise Black Box**, every other week at the **Port St. Lucie Botanical Gardens**, and at a host of local events and activities throughout St. Lucie County, don't you wonder why they do it? Why do these professional musicians come out and give up their time and energy when they clearly could be on the road, riffing with likes of Bernadette Peters, the Alan Parsons Project, and John Secada? The answer is simple — the members of the **Fort Pierce Jazz and Blues Society** love St. Lucie County and are dedicated to sharing and promoting culture in many forms right here in our home. Not only do they bring you weekly jazz jams with live music and refreshments that cost you less than a matinee at



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your local theatre, they also provide master classes for local high schools. But that's not all! These same dedicated musicians offer one-to-one lessons for students who have been identified by their music teachers as having tremendous potential but not tremendous wealth. Instead of asking for the money up front, these amazing and tender-hearted professional musicians make the time to work one-to-one with young musicians at no charge to the family.

And then there are the scholarships. Every Saturday morning, **Fort Pierce Jazz and Blues Society** members coordinate the wildly successful **Jazz Market** featuring arts and crafts in historic, downtown Fort Pierce, adjacent to the Saturday morning **Farmer's Market**. The funds received from coordinating this weekly event help ensure that **Fort Pierce Jazz and Blues Society** can continue to provide scholarships to deserving high school seniors who are pursuing a career in music. On top of all of those kindnesses to the community, members of the **Fort Pierce Jazz and Blues Society** are always the first to say yes to help out other non-profit organizations in the community providing music for charity events.

We'll be back to our every Tuesday evening schedule on November 5th, so when you cross the threshold at the **Black Box** and pay your \$8 entry (\$7 if you're a Jazz Society member), please take a moment to think about what a deal that is! Take a moment to thank the volunteer who takes your money or stop the drummer as he heads up to the stage and shake his hand. These quiet community heroes are always giving back through their time, talent, and treasure, and while they never expect anything more than a bit of applause as the bandleader introduces the musicians on the stage, the gifts they share are priceless. ❖



Bassist Dave Mundy gets a few measures of rest.



Pianist Larry Brown shows he is multitalented with a little vocal action.

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# Small Business Solutions: 3 Simple Things to Protect Against Cyberattacks

by Anita Campbell, published on [www.sba.gov](http://www.sba.gov)



You might not be able to hire a full-time cybersecurity specialist or install top-of-the-line software, but protecting your business's data doesn't necessarily need to be complicated or expensive

There were nearly 42,000 online security incidents around the world over the past year. And about 43 percent of those targeted small businesses. That means that small businesses are more

likely than any other entity to fall victim to data breaches and cyber attacks.

These incidents can lead to financial loss, stolen customer data or compromised proprietary information. So it's essential that you take steps to lessen your chances of falling victim to cyber attacks, and to lessen the impact if you do.

However, small businesses also tend to have fewer resources to avoid these attacks than large enterprises and government entities. For example, you might not be able to hire a full-time cybersecurity specialist or install top-of-the-line software. But protecting your business's data doesn't necessarily need to be complicated or expensive. Here are some of the simplest things you can do today to lessen your company's chances of falling victim to a cyber attack.

**CHANGE YOUR PASSWORDS:** About 81 percent of security breaches are simply due to weak or stolen passwords. So a company that uses 'Password123' for every account is probably going to be more vulnerable than one that uses complicated passwords and changes them regularly.

So what exactly makes a password strong? The National Institute of Standards and Technology recommends choosing passwords that use a combination of words that are easy to associate in your mind, but unique to you. Basically, it should be easy for you to remember but hard for anyone else to guess. Of course, it's also a good idea to use a combination of characters in your passwords and use unique ones for each account if possible. That last point is especially important for vulnerable accounts like those for your banks or sensitive data.

Once you have passwords in place, you should also continue to change them regularly. Your vendors or service providers may have experienced breaches that you don't even know about yet. So changing them regularly can help you to avoid having your accounts com-

promised even if your passwords were stolen at some point.

Finally, many platforms and service providers also offer two-factor authentication or some form of security outside of passwords. If possible, enable security questions, fingerprint reading or even text alerts so your passwords aren't the only thing standing between your data and cyber attackers.

**UPDATE YOUR SOFTWARE:** All the software that you use on your business's computers and devices can be vulnerable to cyber attacks. But your software providers are constantly working to patch issues and make their products stronger so that hackers, viruses and malware can't get in and access your accounts and sensitive data. That's one of the reasons why you constantly get alerts asking you to update your software.

Though they may seem annoying or unnecessary upon first pass, don't ignore these alerts. Go through the short process of updating software and operating systems whenever these patches are available. Usually, all you have to do is press a few buttons and restart your device once the updates are complete. Often, you won't even notice a major difference in how the software operates. But behind the scenes, those patches make it more difficult for viruses, malware and hackers to make their way into those software programs.

**TRAIN YOUR EMPLOYEES:** If your business has employees, then you need to make sure they're aware of these important cybersecurity procedures as well. You can change your passwords and update your software all you want. But if your team doesn't follow suit, your business is still going to be vulnerable.

To protect you business from every angle, host a quick meeting or seminar to share these best practices with your team. Give them clear instructions about how and when to change their passwords and how to set up two-factor authentication on all the common programs and accounts you use. You can even send out reminders or alerts when it's time to change passwords or update security procedures.

Then share the importance of regular software updates and patches. And create policies or processes for keeping those items updated. If you have any team members who are dedicated to IT, you can probably have them handle this part of the process. But if not, make sure the rest of your team knows how to handle this on their own devices and why it's so important

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

# Open Season at Market

Ask any farmer when to grow in Florida. The answer is always the same — October through May. So here we are — October at the Downtown Fort Pierce Farmers’ Market! Farmers have had a tough late summer with temperatures higher than normal and hurricanes threatening newly planted crops. All farmers have the same advice — Mother Nature will have her way.

**Gibbons Organics**, the only USDA Certified Organic farm at the **Downtown Fort Pierce Farmers’ Market** and the only local farmer who farms through the summer, plans to bring the bounty to market by October. Beans, lettuce, tomatoes, herbs, kales, mustards are expected to be in harvest by then. As the season progresses, lots of other nutritious vegetables will be on the table.

**Aunt Zorada**, a Vero Beach based farm, runs through the season with squash, tomatoes, peppers, kales, and potatoes. They also will increase production and selection as the months go by.

**Pure Produce**, from Melbourne, is a totally hydroponic farm, growing tomatoes, cucumbers, leafy greens, and peppers. They often have fresh herbs and all their products are still living.

**G and C Produce** is another hydroponic farm located in Okeechobee. They grow several varieties of lettuce along with herbs and a few other vegetables.

**Rainmaker Nursery** is the best place for potted herbs. The selection is outstanding with an amazing selection of culinary herbs.

**Ace High Farms** uses only their own citrus for their delicious fresh-squeezed orange and grapefruit juice. Locally grown produce is available, along with honey from their hives in their groves.

**Al’s Family Farm** has been a regular at the Market with fresh squeezed orange and grapefruit juice from Florida citrus.

It’s important to remember how these local farms impact our lives. With sustainable farm practices they help maintain balance in the environment. They provide jobs for local labor. They work tirelessly to provide the most nutritious and delicious fresh produce and fruit to our local community. The **Downtown Fort Pierce Farmers’ Market** is a showcase of these local farms. The farmers are eager to share their knowledge of growing practices so just ask. They usually know exactly how to prepare what they grow, so if a customer is not familiar with a new vegetable, most farmers have just the recipe for it.

Shop the **Downtown Fort Pierce Farmers’ Market** every Saturday from 8 until noon. Rain or shine, it’s a Saturday morning tradition! Find us on the web at [www.ftpiercefarmersmarket.com](http://www.ftpiercefarmersmarket.com), or follow us on facebook and twitter. ❖



# RUN OF THE MULLET



by Captain Bo Samuel, Pullin Drag Charters

**A**round this time of year, anglers are happy to see the mullet run is on. Schools of mullet are migrating south along the coast and this means great bait to catch some of our area's best trophy fish: tarpon, snook, redfish, and kingfish. Look for these schools of mullet on the beach, moving through the inlet, and over the grass flats. Since snook season is going strong now, using finger mullet as bait will give you a good chance at hooking one of these prized linesiders. Choosing a 40-pound leader with a size three hook should



help land a great fish. Tarpon, a catch-and-release only species, will also hit mullet and provide a great fight. Remember regulation slot size for keeping snook is 28 inches to 32 inches.

Offshore, the snapper bite has been really good for mangroves and muttuns. The kingfish are still providing significant action in 80 to 100 feet. Mullet, threadfins, or blue runners on a slow troll are a good bet to put some kings on the boat. Be

prepared for some fun as kingfish can easily pull 100 to 200 feet of drag. Anglers are allowed to keep two kings per day according to regulations.

Kingfish are commonly smoked and make delicious smoked fish dip. Oil-based fish like kingfish make such great fish dip because they remain moist during the smoking process. Mullet is a very common fish for smoked fish dip and generally favored by many. Most fish dips combine smoked fish, mayonnaise, scallions, lemon juice, and sometimes

cream cheese or sour cream. My best advice is keep it simple!

Get your tackle and check fishing regulations at your local bait and tackle shops. Ready to fish? *Let's get Pullin Drag!* ❖

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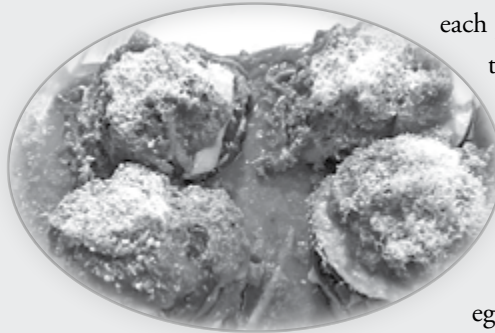
# Recipe Corner

by Sue Dannahower

## Easy Eggplant Stacks

*This is so easy & hearty. If you are an experienced cook you can dredge the eggplant rounds and fry immediately. You can also use your own sauce instead jarred. Serve with pasta.*

- Cooking spray
- 3 large eggs, beaten
- ¼ cup milk
- ¼ cup Parmesan Cheese
- Salt & pepper, to taste
  
- 1 medium eggplant, skin on
- Oil as needed for frying
  
- 1 18-ounce jar spaghetti sauce
- 4 cloves garlic, crushed
- 2 teaspoon dried Italian herbs
  
- 16 fresh Basil leaves
- 8 thinly sliced tomato
- 16 slices Buffalo Mozzarella
- Parmesan Cheese



stick aluminum foil and spray with cooking spray. Set aside. Preheat oven to 350 degrees.

Place eggs in a small bowl & beat, then mix in milk and Parmesan cheese. Season with salt and pepper. Dredge each piece of eggplant in egg-Parmesan mixture. Place on prepared baking sheet.

Heat a frying pan, cast-iron or flattop to medium high. Add 2 teaspoons of oil. Cook eggplant slices until golden brown. Flip slices and cook until both sides are golden, and eggplant is tender. Do the same for all eggplant rounds, adding more oil when needed.

In a cold medium size saucepan, place crushed garlic and 1 Tablespoon oil. Turn burner to medium heat. Cook until garlic is fragrant & brown. Add the jar of spaghetti sauce and Italian herbs.

Place 1 cup sauce in the bottom of the non-stick baking dish prepared earlier. Set eight of the largest eggplant rounds in the baking dish. Place a piece of cheese on each round, followed by a tomato slice and basil leaf. Top with another eggplant round, tomato slice, Mozzarella cheese & Basil. Spoon sauce over each eggplant stack. Top a sprinkle of Parmesan Cheese on the top. Bake 20-25 minutes.

Prepare a non-stick baking sheet by spraying it with cooking spray. Alternately, line a baking sheet with non-



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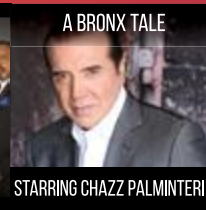
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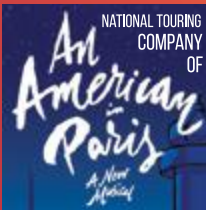
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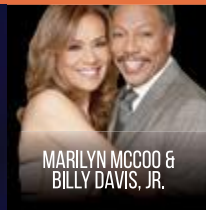
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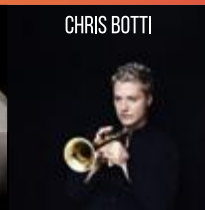


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