St. Lucie County experiences a record year for tourism

see page 9

PHOTO COURTESY OF VISIT ST. LUCIE
The official first day of Spring, in the Northern Hemisphere, is Monday, March 20, at 5:24 p.m. EST. Temperatures begin to slightly increase, and outdoor activities are planned! Main Street Fort Pierce has a plethora of activities planned for the outdoors this year and even more in the works for next year.

The Board Members, Director and Staff of Main Street met and began our Strategic Planning sessions for Main Street Fort Pierce and the outcome included several new and exciting ideas for downtown events that we believe that the community will enjoy. In addition to our current calendar of events some of these ideas included:

— Themed Friday Fests and maybe a cornhole tournament
— An additional Ghost Walk/Historical tour in February
— Bourbon Tasting Event
— Floral Arranging Class
— Fashion Show showcasing downtown business boutiques
— New Year’s Eve Party Event on the river.

These are just a few of the new ideas that the Board has in mind. I’ll keep you posted as each one comes to fruition.

Please mark your calendar for the first Friday of every month and join us downtown Fort Pierce, on the river, for our monthly Friday Fest. There is always a great band, lots of incredible food, and beverages.

St. Patrick’s Day is a fun and festive celebration of Irish culture and celebrated on March 17th. Downtown Fort Pierce has several events scheduled for that weekend, one of which is a block party on 2nd Street on March 17th and 18th.

Have you watched the show Yellowstone? Well, if you are a fan you won’t want to miss our 28th Annual Reverse Raffle Event on Saturday, April 15th, 2023. There’s an opportunity to win up to $5,000 in prizes; a live auction; a silent auction; music, dancing and line dancing lessons; BBQ dinner and all for only $100 per person. You are sure to see some Rip and Beth look-alikes. Go the Main Street website for more information and to obtain your tickets: mainstreetfortpierce.org.

As always, we thank our numerous volunteers for their hard work and support of ensuring that Main Street Fort Pierce remains the heartbeat of our community.

Spring is in the Air!

by Donna Sizemore

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Main Street Fort Pierce, Mayor Linda Hudson invites you to join her for Community News, Special Announcements, Complimentary Coffee, Orchard Island Juice, Breakfast Treats, and more!

Friday, March 17, at 8:00 a.m. at the Fort Pierce Yacht Club 700 N. Indian River Drive

Sponsored by Fort Pierce Yacht Club

HOSTED BY Fort Pierce Yacht Club, Main Street Fort Pierce, Orchard Island Juice Company, First Wave Coffee and The City of Fort Pierce. Call Main Street Fort Pierce for more information at 772-466-3880.

The Mayor invites Breakfast Treats, and more!

at the Fort Pierce Yacht Club Friday, March 17, at 8:00 a.m.

Complimentary Coffee, Orchid Island Juice, sponsored by Cobbs Landing and Little Jims restaurants. Please remove all vehicles from the permitted Friday Fest road closure area (Marina Way & Melody Lane) by 2:00 p.m.; Facebook:Main Street Fort Pierce, 466-3880; mainstreetfortpierce.org.

March 9, Thursday: STREET DREAMS ON THE FRIDGERATE COAST CAR SHOW — visit Facebook page for Shift Culture.

March 17, Friday: COFFEE WITH THE MAYOR — 8:00 a.m. at the Fort Pierce Yacht Club, 700 N. Indian River Dr.; Sponsor – Fort Pierce Yacht Club. Facebook:Main Street Fort Pierce, 466-3880; mainstreetfortpierce.org.

Food / Family / Friends / Fun

1st Friday of each month, Historic Downtown Fort Pierce 5:30 p.m. to 8:30 p.m. in Marina Square

Get the DISTRIX app for all the latest downtown specials and events!

MARCH 2023

Co-Op — rain or shine 12:00 to 6:00 p.m., Downtown Marina Square; 971-8488.

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.

MUSIC DOWNTOWN

Wine Down Wednesday Fort Social in the Gallery on the 2nd and 4th Wednesday of each month, 6 to 8 p.m. TheFortDeaHouse.com

Saltiff Brewing Company facebook/SaltiffBrewingCompany Pierced Cider Facebook @piercedcider Cobbs Landing cobbs-landing.com

Bottom’s Up Public House facebook.com/bottomsuppublichouse 121 Taps on the Water facebook.com/121tapsonthewater

SUNRISE THEATRE & SUNRISE BLACK BOX

772-461-4775 • sunrisetheatre.com

MANATEE OBSERVATION & EDUCATION CENTER

429-6266 • ManateeEducationCenter.org

DOWNTOWN FORT PIERCE LIBRARY

462-2878 • www.st-lucie.lib.fl.us/

SUNDAY DOWNTOWN CHURCH SERVICES

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

First Church; 464-0440, firstchurchfp.org.

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

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

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

COMMUNITY INFORMATION

A.E. Backus Museum 772-465-9630 • backusmuseum.com

Bud Adams Gallery of Historical Photographs 772-462-1785

2nd Floor of P.P. Cobb Building

Fort Pierce Police Athletic League 772-370-6762 • ftptequip.com Volunteers needed: 772-466-0666

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

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

HostBrote Botanical Gardens 772-464-4672 healthcombotanicalgardens.org

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

National Navy UDT-SEAL Museum 772-556-5845 • 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

FEBRUARY: YOUTH ART MONTH

March 1: World SeaGrass Day

March 3: National Anthem Day

March 4: Iditarod Race

March 7: National Day of Prayer

March 8: Bud Adams Gallery

March 10: Key Deer Awareness Day

March 11: Days of Sowing Time Starts

March 13: National K9 Veterans Day

March 17: St. Patrick’s Day

March 18: Save the Florida Panther Day

March 20: Won’t You Be My Neighbor Day

March 21: Fort Pierce Jazz & Blues Society

March 27: National Kettle Corn Day

March 31: National Crayon Day

MAY: MONTHLY EVENTS

March 3, Friday: FRIDAY FEST AT MARINA SQUARE — 5:00 to 8:30 p.m.; live music by Lindsey and Cash sponsored by Cobbs Landing and Little Jims restaurants. Please remove all vehicles from the permitted Friday Fest road closure area (Marina Way & Melody Lane) by 2:00 p.m.; Facebook:Main Street Fort Pierce, 466-3880; mainstreetfortpierce.org.

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First Church; 464-0440, firstchurchfp.org.

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

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

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Mayor’s Message
Fort Pierce Police Department Celebrates a Century of Service
by Linda Hudson, Mayor, City of Fort Pierce

One hundred years ago this March, the Fort Pierce Police Department was born. In 1923, the city of Fort Pierce inaugurated a form of government wherein authority to make policy rested with a 3-person elected commission (that would change to five in 1927), one of whom was mayor with the city administered by a salaried city manager. Under the new regime, a Police Chief would be appointed by the city manager. The first Chief was Joseph Howard Richards, who had been the elected marshal. Born in Eden (settlement along the Indian River Lagoon just north of Jensen), Richards was the grandson of pioneer Eden settler Thomas E. Richards, a native of New Jersey. The city jail was located on Avenue A, between the FEC railroad tracks and U.S. 1.

The nature of crime in the Roaring Twenties was shaped by Prohibition-era smuggling and bootlegging of illegal spirits, traffic enforcement of drivers of the newly available automobiles and driving while intoxicated.

In 1951, the first African American officers were hired: Louis Gilchriest and Eddie Bailey. In 1973, the first female officer was hired: Fonda Doane. In 1988, construction was completed on the current police station on U.S. 1; in 2000, the Sergeant Wilhelmina B. Ellis substation was completed at 1220 Avenue D. Ellis was the grandson of pioneer Eden settler Thomas E. Richards, a native of New Jersey. The city jail was located on Avenue A, between the FEC railroad tracks and U.S. 1.

In 1991, Sergeant Danny Parrish was killed in the line of duty.

Responders Park
Sergeant Danny Parrish Fallen First
policing. In 2022, the FPPD dedicated the “Hero” statue at
Department is focused on crime reduction and community
in difficult times for law enforcement. The
Fort Pierce Police
was the first police officer killed in the line of duty.

One completed oyster mat! Matt Samuel, Crystal Samuel, Bo Samuel, Dr. Lorae Simpson Foltz, Rait Thomas, Bruce Foltz, Terri Foltz, Margie Lloyd.

celebration mats were created. The oyster mats, part of the Living Dock Program, will be deployed at docks in the Causeway Cove area and Mariner Bay to promote growth of living organisms which aids in improving water quality. The Living Dock Program is supported by local citizens through the utilization of their docks for placement of oyster restoration mats and is funded by private donations. The particular mats created on Saturday were sponsored by a generous gift from Michael and Casi Jacquin of Paul Jacquin & Sons, Inc. and other involved sponsors. If you would like to be a part of saving our waters and want to learn more, please visit https://www.floridaocean.org/living-docks.

Dr. Simpson Foltz gives many thanks for the community rally around this event and to the great staff at Sailfish Brewing Company. Participants represented the IRL National Estuary Program, Forest Grove Middle School, Girl Scouts, Fort Pierce Lions Club, Lincoln Park Academy “Students for H2O”, Pullin’ Drag Charters, Manatee Observation & Education Center, Fort Pierce Yacht Club, and many other concerned citizens and dedicated volunteers. The cause is clear — cleaner waters start here!

Lorae’ Simpson Foltz, Bo Samuel, Zach Foltz, and Carrie Samuel ready to load up the mats.

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“When the value is known, decisions become easier.”
Kathleen Piotrowsky Fredrick, Appraiser
Associate Member: Appraisers Association of America

www.FloridaArtAppraisals.com
772-519-9019
E-mail: Kathleen@FloridaArtAppraisals.com

This is how it’s done!
Matt Samuel and Brittany Doyle

One completed oyster mat! Matt Samuel, Crystal Samuel, Bo Samuel, Dr. Lorae’ Simpson Foltz, Ralt Thomas, Bruce Foltz, Terri Foltz, Margie Lloyd.

Lorae’ Simpson Foltz, Bo Samuel, Zach Foltz, and Carrie Samuel ready to load up the mats.

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Lorae’ Simpson Foltz, Bo Samuel, Zach Foltz, and Carrie Samuel ready to load up the mats.
Tourism in 2022 – A Record Year for St. Lucie County and Florida

St. Lucie County, which includes the city of Fort Pierce and city of Port St. Lucie and the beaches of Hutchinson Island, set a new record high for tourist development tax collections in fiscal year 2022. Just over $6.3 million was collected, representing a 32.2% increase compared to the year prior. Tourist development taxes are generated from a 5% tax that is levied on overnight accommodations rented for six months or less. This includes hotels, motels, RV sites, private vacation rentals and others. The tax collections are a key indicator to measure the performance of the tourism industry in St. Lucie County.

“A combination of our robust economic development that generated corporate travelers, along with an influx of new residents that bring visiting friends and family, and a huge rebound in leisure travel since the pandemic all added to this increase — it was the trifecta for tourism growth in 2022,” said Charlotte Bireley, Director of Tourism & Marketing for St. Lucie County. “The County has also seen inventory growth with the addition of new hotels and campgrounds.”

“Another record year couldn’t have been achieved without the time and input from our Tourist Development Council. These dedicated and volunteer professionals regularly advise our Board and staff on the best use of our tourist tax revenues so we can continue to market St. Lucie County and the cities to attract visitors and bring positive economic impact to our county,” stated Chris Dradovský, St. Lucie County Commissioner and Chairman of the Tourist Development Council.

The tourism success was also experienced on a statewide level. Bolstered by travelers from other states, Florida had a record 137.6 million visitors in 2022, stated Gov. Ron DeSantis’ office on Wednesday, February 15, 2023. People from other states accounted for just under 93 percent of Florida’s tourists. The overall visitor total was 12.9 percent higher than in 2021 and 5 percent higher than in 2019, the last full year before the COVID-19 pandemic hit the state.

About Visit St. Lucie: The St. Lucie County Tourism Office, also known as Visit St. Lucie is the official destination marketing organization for St. Lucie County. The office is responsible for marketing St. Lucie County and its cities as a destination and promoting activities and assets that will generate new or repeat visitors, thereby creating a positive economic impact for St. Lucie County. The office is funded by the County’s tourist development tax or “bed tax” that is paid by visitors staying in overnight accommodations for six months or less.

For more information call Charlotte Bireley, at (772) 462-1539 or email bireleyc@stlucieco.org.
Music To Your Ears — “Juice & Jazz” returns to the Backus Museum

It’s a great excuse to navigate the continuing pandemic challenges this season.

ENjoy a tuneful time on the Indian River for the return of the Backus Museum’s new choice outdoor concert event, Juice & Jazz! On Sunday, March 5 from 10:30–12:30, live music from the Fort Pierce Jazz & Blues Society on the Outdoor Mural Plaza complements a delicious assortment of sweet and savory delights with fresh juice from Natalie’s Orchid Island Juice Company, coffee and $5 Mimosas, Bloody Marys, or Prosecco.

Tickets are $25 in advance and can be purchased online at https://backusmuseum.org/juice-jazz, by phone at 772-465-0650 and at 500 North Indian River Drive in Historic Downtown Fort Pierce. Juice & Jazz is a rain-or-shine event to benefit Juice & Jazz, a town Fort Pierce.

For more information, visit www.backusmuseum.org.

Win a Masterpiece of Florida Art Raffle. This year, that masterpiece is a spectacular 18” x 24” oil painting by Sam Newton, artist and inductee to the Florida Artist Hall of Fame. “Beautiful Morning,” 2005, eloquently complements a delicious assortment of sweet and savory delights with fresh juice from Natalie’s Orchid Island Juice Company, coffee and $5 Mimosas, Bloody Marys, or Prosecco.

Tickets are $25 in advance and can be purchased online at https://backusmuseum.org/juice-jazz, by phone at 772-465-0650 and at 500 North Indian River Drive in Historic Downtown Fort Pierce. Juice & Jazz is a rain-or-shine event to benefit the Backus Museum.

At 12:30 p.m. we crescendo to the drawing for the annual Win a Masterpiece of Florida Art Raffle. This year, that masterpiece is a spectacular 18” x 24” oil painting by Sam Newton, artist and inductee to the Florida Artist Hall of Fame. “Beautiful Morning,” 2005, eloquently captures the iconic beauty of Florida’s wild and wide terrains, through the eyes of one of the original masters of the beloved and unique landscape painting tradition that began here. This exceptional work of art is valued at $6,500. The Backus Museum is grateful to Highwaymen Art Specialists for this generous donation to assist us in our nonprofit fundraising.

Only 2,500 tickets are available this year but are moving fast. Raffle tickets are offered for $25 each, or three for $60, or six for $100 for the best deal and best chances! Supporters don’t have to be present to win, but Juice & Jazz is a great excuse to join us. Raffle tickets are available in advance while supplies last, and supporters are encouraged to bring their stubs for the exciting drawing.

Join us for the new favorite opportunity for fun to advance the mission of the Backus Museum.

We are grateful to our generous sponsors for this event: The Law Firm of Hoskins, Turco, Lloyd & Lloyd — “John Coltrane Sponsor;” Fortress RV & Boat Storage — “Thelonious Monk Sponsor;” Natalie’s Orchid Island Juice Company — In-Kind Sponsor.

All dates and programming subject to change; please check the website for any updates or cancellations. We appreciate your understanding, your patience, and your support as we navigate the continuing pandemic challenges this season. ❖

FPUA Awarded $15 Million Resilient Florida Grant for Sewer Plant Relocation

Fort Pierce Utilities Authority (FPUA) has received a $15 million award toward our sewer treatment plant relocation project from the Florida Department of Environmental Protection (FDEP) as part of the Resilient Florida grant program. The funds will be used toward the construction of the new Mainland Water Reclamation Facility and restoration of 2.23 acres of seagrass in the Indian River Lagoon. The Resilient Florida program aims to enhance Florida’s efforts to protect our waterways, coastlines, and shores using a coordinated approach to coastal and inland resiliency.

“This award is an investment in the resiliency of Fort Pierce and our critical utility infrastructure,” said FPUA Utility Director Javier Cisneros. “The relocation of our aging sewer treatment plant is our single largest active project and we are grateful to Governor DeSantis and the FDEP for their tremendous support.”

This award also represents a proactive effort by FPUA to seek grant funding in support of the relocation project and other critical utility projects. FPUA’s new Public Affairs and Sustainability Department, focused both on public engagement and grants, has submitted over $40 million worth of grant proposals in under one year. “These grants will provide a great benefit to the FPUA utility and customers, who would otherwise be funding these projects through rates,” said Public Affairs and Sustainability Manager Rachel Tennant.

On February 6, Governor Ron DeSantis announced that the award will be immediately available, using already-appropriated funding. Projects like FPUA’s wastewater treatment plant relocation “will ensure inland and coastal communities are prepared for the impacts of storm surge, hurricanes, and flooding, continuing our aggressive efforts to protect Florida’s natural resources and infrastructure,” said Governor Ron DeSantis in his announcement.

This critical project removes the existing island sewer treatment plant from the shores of the Indian River Lagoon, and places the new treatment plant five miles west, far away from the lagoon and in an industrial area away from neighborhoods. The project will replace aging infrastructure with new technology, increase resilience, limit potential environmental impacts, and better serve the community.

The upgraded plant will be more energy-efficient and cost less to operate, saving our customers money. Its location next door to the Florida Municipal Power Agency’s natural gas power plant adds a unique sustainability element to the project too. The project will reduce an average two million gallons per day of draw from Florida’s aquifers by instead utilizing reuse water from the sewer plant for the 300 MW power plant cooling towers.

The Mainland Sewer Treatment Plant is a testament to FPUA’s commitment to providing the highest quality services to our community. We are honored and thankful to have been awarded this funding, and look forward to serving our customers with a new sewer treatment plant in the near future.

To learn more about this important relocation project, visit www.sustainablesewer.net. ❖
The 5th Annual Charity Poker Run on the Water

The Fort Pierce Yacht Club, invites you to participate in their annual charity Poker Run on the Water, Saturday, April 1st from 12 noon to 4. The Fort Pierce Yacht Club Foundation is a 501c3 and raises money to support the stewardship of the Indian River Lagoon, operate activities and programs which support the understanding and knowledge of boating and water safety, and supports the FPYC community mission.

From last year’s charity Poker Run on the Water, the FPYC Foundation provided a scholarship to a college junior at Indian River State College, an ‘immersive learning program to do marine research. In addition, scholarships were provided to Wesley Eco Camp, an ‘immersive learning program that engages youth in environmental studies, restoration and knowledge of the Indian River Lagoon.’

To register or for more information on the charity Poker Run on the Water please go to: https://www.fortpierceyachtclub.com/poker-run or email: fpycfoundation@gmail.com.

Welcome Home! From Casa Pasta Cucina

For an amazing homemade meal with a true Italian influence, head to Casa Pasta Cucina, a newly opened Italian restaurant in The Galleria at Downtown Fort Pierce. It’s run by an enchanting, blended family from Argentina with a passion for cooking inspired by their Italian heritage, spanning generations. Chefs Patricia and Carlos Fernandez say, “We are a traditional family that loves our roots. When we discovered Fort Pierce, we loved the city and we felt identified with it. Because it is a city that, like us, loves its roots and its traditions.”

After being honored to sample some of their signature dishes like Melanzane Alla Parmigiana, Casa Pasta Malfatti, Bolognese, Meat Balls, and Pomo-doro, I look forward next in trying the Ossobuco Alla Milanese Risotto. I hear it is amazing! It’s been difficult to resist returning, as they knead homemade pasta daily, the sauces adapted from old family recipes. The desserts, such as Affogato Al Caffe, Molten Cake, Tiramisu, and a traditional Pistachio Panna Cotta are a perfect complement to the end of the meal. And for the business crowd downtown, enjoy choices from their Fast Lunch Menu, a variety of quiches, paninis, and wraps along with teas and omlettes.

From Casa Pasta, “Welcome Home!” Grand Opening celebration is March 2nd. They can be found on social media @casapastacucina. And coming soon, their website is www.fortcaspastacucina.com. For reservations call 772-882-4984.

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Welcome Home! From Casa Pasta Cucina

Casa Pasta is sponsoring a $500 cash best hand. Pursuit Boats is sponsoring a $500 cash best hand.

There are opportunities for Business/Corporate Sponsorships as well as individual participation and this year’s co-chairs of the charity Poker Run on the Water are Vice Commodore of Fleet, Victoria Westphal and Past Commodore and current Vice Commodore of Building and Grounds, Suzi Boardman.

To register or for more information on the charity Poker Run on the Water please go to: https://www.fortpierceyachtclub.com/poker-run or email: fpycfoundation@gmail.com.

❖

From Casa Pasta, you’ll more than likely be greeted at the Courtyard by Hostess and family friend Florencia Carca and then ushered in by another family member. Head Waiter Rodrigo Eboli. They invite you to come and be Casa Pastas’ guests of honor and “the most important people in their lives. The true raison d’etre of their work,” as Operating Manager (and husband of Patricia), Carlos Fernandez says. “We are a traditional family that loves its roots. When we discovered Fort Pierce, we loved the city and we felt identified with it. Because it is a city that, like us, loves its roots and its traditions.”

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❖

26 yr Navy Veteran, 18 yr Home Inspector here on the Treasure Coast, makes me a better Realtor for my clients!!
Pierce 1 Marina Making Progress at Fisherman’s Wharf

Fort Pierce is one step closer to having its newest waterfront destination spot and the world’s most advanced fully automated boat storage facility. Pierce 1 Marina is pleased to announce the company has submitted its site plan for Phase one to the City of Fort Pierce. Phase one will include improvements to the fishing pier, seawall, the dry-stack boat storage building, public docks, installing paved parking and the continuation of the greenway under the Seawall Drive bridge.

“The City of Fort Pierce agreed to sell the 3.2 acres of waterfront property in Fort Pierce known as Fisherman’s Wharf to Pierce 1 Marina in 2021. The property is located north of south causeway bridge along Indian River Drive. Pierce 1 Marina has agreed to pay $5 million for the property.

“This is a monumental step in the development of Fisherman’s Wharf,” Chris Shelli, President of Pierce 1 Marina, said. “We began this process more than two years ago when we submitted an initial RFQ for the project. It takes a great deal of time and investment for a project like this to complete. We’ve had a large team of professionals working non-stop since we won the bid, including design, land development, environmental studies, borings and so much more. But it will be worth it. When this project is complete, it will be a crown jewel for the City of Fort Pierce, its residents and visitors. I’m anxious to put shovels in the ground!”

In addition to the purchase price, Pierce 1 Marina will refund the expense Florida Inland Navigation District made to refurbish the boat ramp known as “Black Pearl boat ramp” and will contribute financially to have the boat ramp relocated to a safer and more accessible location. That new location, at Harbor Pointe, will include a better designed and engineered boat ramp system which will accommodate many more boats than the black pearl ramp.

Pierce 1 Marina is being developed by Shelli Associates, Inc., a Fort Pierce, FL based finance and development company. The Pierce 1 Marina conceptual plan includes several 2- story signature restaurants, residential and retail spaces, a marina with a water taxi, lighthouse tower, a boardwalk connecting the project to downtown Fort Pierce and a fully-automated innovative dry stack boat storage facility (the Boathouse).

The proposed Boathouse will utilize the most advanced proprietary software in the world. The fully automated crane technology will maximize the facility’s dry storage capabilities and minimize boat retrieval time to the fastest in the world. The building will be hurricane rated to at least a category 5 hurricane, is environmentally friendly including solar and recycling boat washing system and will offer white glove concierge service to its clients. Shelli believes the boathouse will put Fort Pierce at the center of the maritime, boating and fishing industries. “As the first one of its kind in the world, I believe boating and fishing magazines will want this facility on their covers, putting Fort Pierce on the map in the maritime arena.” The architectural style of the Boathouse pays homage to the history and architecture of the Boathouse with the Boat houseays homage to the history and architecture of the Boathouse with the Boat houseays homage to the history and architecture of the Boathouse with the Build
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Once permitted, construction for the entire project is expected to last 18 months.

Shelli Associates, LLC is a leader in the finance and development industry with more than 40 years’ experience in financing billions of dollars of major projects throughout the United States and internationally. The firm has worked with clientele providing financial recommendations, assistance in obtaining loans for large-scale commercial projects, and managing contracts and development projects. The Fisherman’s Wharf project is being 100% fully financed through Shelli Associates.

“Many new developments are struggling to find financing for their projects,” Shelli said. “Not only are we financing the Fisherman’s Wharf project, but we have dozens of other projects throughout the United States and internationally worth billions of dollars that we are providing financing for. Learn more about Shelli Associates at www.ShelliAssociates.com.”

Shelli Associates & Bullard Proprietary Software in the world. The fully automated crane technology will maximize the facility’s dry storage capabilities and minimize boat retrieval time to the fastest in the world. The building will be hurricane rated to at least a category 5 hurricane, is environmentally friendly including solar and recycling boat washing system and will offer white glove concierge service to its clients. Shelli believes the boathouse will put Fort Pierce at the center of the maritime, boating and fishing industries. “As the first one of its kind in the world, I believe boating and fishing magazines will want this facility on their covers, putting Fort Pierce on the map in the maritime arena.” The architectural style of the Boathouse pays homage to the history and architecture of the Boathouse with the Boat houseays homage to the history and architecture of the Boathouse with the Building will be hurricane rated to at least a category 5 hurricane, is environmentally friendly including solar and recycling boat washing system and will offer white glove concierge service to its clients. Shelli believes the boathouse will put Fort Pierce at the center of the maritime, boating and fishing industries. “As the first one of its kind in the world, I believe boating and fishing magazines will want this facility on their covers, putting Fort Pierce on the map in the maritime arena.” The architectural style of the Boathouse pays homage to the history and architecture of the Boathouse with the Building will be hurricane rated to at least a category 5 hurricane, is environmentally friendly including solar and recycling boat washing system and will offer white glove concierge service to its clients.

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Shelli Associates & Bullard
the wind literally blew in special guest Sam Holmes, YouT ube few months with several exciting events. On January 20th, Commodore, entering his second year at the helm of the FPYC transition has been smooth sailing. Forest Blanton will remain has been elected, some starting and others ending a term, the has been a change of leadership and a new Board of Directors share of fair winds over the past few months. Although there is entitled “My private island and Sailing to Ft. Indian River Lagoon. His latest video on his solo sailing personality with over 209k followers. Sam stopped in Fort Pierce on his way sailing south as a guest of FPYC members, Past Commodore, Ken Mil- ner and Vice Commodore of Fleet, Victoria Westphal. During his visit he anchored at the FPYC dock and joined members at a Friday night social where he entertained mem- bers with his sailing adventures and answered questions. The next day he explored beautiful Fort Pierce, including the Farmers Market, and later in the week kite-boarded on the beautiful water in the Indian River Lagoon. His latest video on his "Roaring in like a lion and going out like a lamb." When the wind starts to blow it often means new adventures and new horizons. Change can come quickly or slowly on the water, but all boaters know to keep an eye on the weather at all times and hope for fair winds. Fort Pierce Yacht Club has certainly been experiencing their share of fair winds over the past few months. Although there has been a change of leadership and a new Board of Directors has been elected, some starting and others ending a term, the transition has been smooth sailing. Forest Blanton will remain Commodore, entering his second year at the helm of the FPYC. The FPYC has really been “rocking the dock” over the past few months with several exciting events. On January 20th, the wind literally blew in special guest Sam Holmes, YouTube follow Sam and his sailing adventures, on YouTube at: Sam Holmes Sailing, or on Instagram: @SamHolmesSailing. Another much-loved celebrity visiting the FPYC in February was sportswriter and long-time advocate for the Indian River Lagoon, Ed Killer. Mr. Killer is a 3rd generation Fort Pierce native and a long-time writer for the TCPalm. He has “cov- ered outdoors, water quality issues and sports for TCPalm since 1994,” and is a prolific writer about all things outdoors. He was the guest speaker at the February FPYC members meeting and delighted his audience with stories and information about current issues on the water. Regardless of which way the wind is blowing, one will find members of the FPYC out volunteering and enjoying the many social activities in Fort Pierce. Even though the wind was blowing hard on Saturday, January 14, it did not stop the 6th An- nual Treasure Coast History Festival sponsored by the St. Lucie Historical Society. Highlights were panel discussions in the historic Sunrise Theater including the history of Lincoln Park Academy, the Sunrise Theater and Cow Creek Ranch. All three entities were “born” in 1923 and are celebrating their 100th birthday this year! FPYC members who were sighted in- cluded Donna Special, Gary Bradford, Nancy and Greg Ryder, Ginny and Bob Harbison, Judy and Herb Bopp, and Robynn and Steve Holland. Greg Ryder, Bob Harbison, Herb Bopp, and Steve Holland braided the chilly winds to volunteer to help clean up after the event!! A large crowd attended Main Street Fort Pierce’s 5th Annu- al “Celebrating Florida!” on Thursday, February 9th including FPYC Commodore, Forest Blanton, and many other FPYC members. The art show featured artists Anna Prentce, Donetha Hair Tiusdell, and master wood artist Jack Shelton. It was a delightful evening with three outstanding artists. Change is certainly in the wind as the Fort Pierce Utilities Authority’s (FPUA) had a historic groundbreaking for their new facility. After 20 years of planning the new facility is going to become a reality. “The sewer system’s conveyance system will be redirected from eastward to westward and the island plant is expected to be fully decommissioned in 2027,” Linda Hudson, Mayor of Fort Pierce, explained at the groundbreaking ceremo- ny sharing of activities going on in beautiful Fort Pierce. Come early, seats go quickly and may you always have fair winds.

Mainland Water Reclamation Facility. The groundbreaking took place February 3, at 4515 Energy Lane, the site of the new facility. Regardless of how the wind is blowing that day, please join us for a delightful hour of commu- nity sharing of activities going on in beautiful Fort Pierce. Come early, seats go quickly and may you always have fair winds.

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Love, JAZZ Community: Jazz Week – Our Gift to You

by Don Bestor

All year long, the members of Fort Pierce Jazz and Blues Society make it our mission to provide great, live music at an affordable price and offer the community opportunities to enjoy live entertainment and a little bit of fun. Of course, we love to play and perform, but our real purpose is to raise funds for scholarships that are distributed to area students who are interested in a career in music and will become the next generation to compose and provide the soundtrack of our lives. We are extremely grateful to the community for its support and encouragement of these endeavors, and once a year, we like to pull out all the stops and give back by sharing a whole week of awesome music from players near and far. 2023 is no exception, so mark your calendars and plan to join the fun … all of it open to the public and much of it free.

Jazz Week 2023 will kick off on Sunday, March 19th with Waterside Blues. If you’re not familiar with it, Waterside Blues is a free, annual concert held on Melody Lane, right by the fountains and the beautiful Indian River. This year, the afternoon concert will cover something for everyone, starting at 1:15 p.m. with Fort Pierce Jazz and Blues Society’s own Jazz Ensemble, playing music from the All-American Songbook and providing loads of opportunities for dancing and merriment. At 3 p.m., fan-favorites the Reckless Shot will take the stage and rock your world with bluesy guitars and an energy you just won’t find elsewhere. Bring your lawn chairs, a blanket, or sit under the tents on chairs we’ll provide — however you choose to listen, you’ll enjoy every minute of this very special gift. Vendors will be on hand to offer adult beverages and food items to keep you well-fueled for the free afternoon of fun and music.

On Tuesday, we’ll share our gratitude once again as we gather at the Sunrise Black Box Theatre in historic downtown Fort Pierce. We’ll have our regular jam with sit-ins starting at 7 p.m., but at 8:30, the Matt Wiggler Band will take the stage and blow your mind. The Matt Wiggler Band has performed at venues and jazz/blues festivals around the world. Originally from Baltimore, Maryland, Wiggler began his music career at the age of 13, with the release of his first studio album. In 2009, Matt’s second album, “Epiphany,” was nominated for Best Jazz CD by the Washington DC Area Music Association. As a musical artist, Matt has performed at major venues including The Kennedy Center, Strathmore Music Center, Adrienne Arsht Center, Detroit Music Hall, Blues Alley, Birdland Jazz Club, Monterey Blues Festival, and Motor City Blues & Boogie Woogie Festival. Wiggler’s immense talent and ability to work a crowd will make for a memorable night of music and a great addition to Jazz Week 2023.

On Wednesday, we’ll feature a special guest at our usual weekly jam session at Port St. Lucie Botanical Gardens starting at 6:30, so help make hump-day go by with a little bit of music. Thursdays during Jazz Week are always special as we close down 2nd Street and bring together FDO, our big-swingin’ band playing music designed for dancing, which is exactly what will happen from 6:30 p.m. to 9 p.m. right there on 2nd Street in our beautiful, historic downtown. It’s fun for the whole family, and there are loads of wonderful eateries right there in downtown, so you can grab dinner and get a free show, to boot.

To wind up Jazz Week 2023, we’ll be offering one final free concert on Melody Lane, and this one is perfect for a lunchtime picnic. Our beloved and talented Max Duhalde and his Winds of Fortune Ensemble will set the perfect tempo to start your weekend early and will play from 11 a.m. to 2 p.m. right there by the waterside in Fort Pierce. Just when you thought it was safe to call the week and take off your dancing shoes, think again because at 7 p.m. at the Sunrise Black Box, we’re planning one last thank you event to share our gratitude and love of music with the community we call home. We’re not going to tell you who the surprise guest will be; just trust us — you’ll want to be there to join the fun and enjoy the music.

We know it’s a lot, and believe us, we’re beat by the end of the week with all those concerts, but we wouldn’t have it any other way, and we hope you wouldn’t either. If you’d like to know more about what we do and how you can get involved, give us a call today at 772.460.JAZZ, or stop by one of our live events and introduce yourself. And if you want to know about all our upcoming gigs in advance so you can plan your week, become a member with just a click at www.jazzsociety.org, and we’ll send you an invite to every one of them.
On the Water

by FPYC Vice Commodore of Fleet, Victoria Westphal

Water and wind are a very important part of life at the Fort Pierce Yacht Club (FPYC) and as the recently elected Vice Commodore of Fleet, I am excited to share information about our racing, along with cruises and raft ups, in which all our boaters can participate. FPYC kicked off our racing season with the first race of the year, the Egging Race. Rescheduled from a previous date of January 2nd, four boats enjoyed the lovely weather, the camaraderie of being out on the water, and an exciting race. Due to light air, the committee opted for a shorter course of 6.8 nautical miles. The start line had three boats going over almost simultaneously. While SeaHawk II was over the start line last. They pulled out in front and were the 1st around the virtual 10A mark, with Ephyra rounding 2nd, then Perseverance, Ephyra, then Sunday II rounding a couple of minutes later. After rounding 2R and heading to the finish, SeaHawk II crossed, with Ephyra rounding 2nd, and then Perseverance, Ephyra, then Sunday II. After corrected time the order of finish was:1st, Perseverance with Joe and Debbie Krivan; 2nd, Ephyra with Carl Fitz; 3rd, SeaHawk II with Fred Kern; 4th, Sunday II with Diane Korbey. If this sounds exciting to you and you want in on the action, e-mail vcfleetfpyc@gmail for more information on the racing schedule.

Women who sail are also an important part of the FPYC fleet activities and on Saturday, March 11th, the FPYC will be having the semiannual Women at the Helm Race, which is a memorial race, recognizing the first female FPYC Commodore Betty Jo Porter. Fleet will also be relaunching a Women Who Boat program with an exciting speaker, Janet Zimmerman, Assistant Executive Director at Florida Inland Navigation District. Women Who Boat is a social and educational program to bring together women who are avid and non-so-avid boaters, to gather together those who have access to boats with those that do not, and to increase basic skills across the different experience levels. The awards dinner, which is open to everyone, will be held on Sunday, March 12th. Dinner open at 4; dinner is at 5.

FPYC’s Women at the Helm Race is a memorial race, recognizing the first female FPYC Commodore Betty Jo Porter. Fleet will also be relaunching a Women Who Boat program with an exciting speaker, Janet Zimmerman, Assistant Executive Director at Florida Inland Navigation District. Women Who Boat is a social and educational program to bring together women who are avid and non-so-avid boaters, to gather together those who have access to boats with those that do not, and to increase basic skills across the different experience levels.

Support Manatees: Register for the 15th Annual Manatee Center 5K Race

by Jessica Kadie Barclay, Manatee Center Manager & Treasure Coast Manatee Foundation Board Member

Challenge yourself and support manatees at the same time! By registering for the 15th Annual Manatee Center 5K ($35) and one-mile ($20) in support of the Treasure Coast Manatee Foundation (TCMF) you’ll sweat for a good cause. The TCMF is a 501 (c)(3) organization established to support and enhance environmental awareness, education, conservation, and stewardship of endangered species and natural resources fulfilling its mission through the Manatee Observation and Education Center (MOEC). This race is the primary fundraiser for TCMF. All proceeds stay local and are dedicated to enhancing environmental education through the Manatee Observation and Education Center.

This year’s 5K will be held on Saturday, March 18th and begins at 8 a.m. Starring 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.

Registering for the Manatee Center 5K helps ensure the continuity of these important manatee education programs offered through the Manatee Center and will continue to inspire future generations to care for and protect our beloved Florida manatees.

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

Register online at https://runsignup.com/Race/FL/Fort-Pierce/TCMFManateeCenter5K.
Chief of Police

Howard Richards, who the early part of December while the city administration was in power was elected to the office of city marshal, has been appointed chief of police by City Manager Ryan, and the appointment confirmed by the commission.

Work Progressing

Boy Scout work in St. Lucie County is expanding and interest therein growing. The second troop was formed here Wednesday night, with County Clerk P.C. Eldred as scoutmaster and the third is to be formed next Wednesday night with R.E. Falls as scoutmaster.

President Harding Expected to Make Visit to Ft. Pierce

President Harding while en route on his houseboat cruise down Indian River is expected to stop at Fort Pierce for a game of golf on the local course, as has been his custom on previous trips. Preparations are being made for his entertainment and it is regarded as certain that he will stop over.

On one of his previous trips, after enjoying several rounds of golf on the local course, as has been his custom on previous trips.

75 years ago this month as reported in the Monday, March 1, 1948 edition of the Miami News

Fort Pierce Asks Beach Facilities

Provision of public facilities at Fort Pierce beaches has been set up as one of the major objectives of the Chamber of Commerce for the year.

Handcar Crew Leaps as Train Crushes It

The Florida East Coast Railway’s north bound Champion, crack passenger train loaded with vacationists returning to their homes in the North from South Florida, was in a freak accident here Friday morning and delayed for a couple of hours, but no one was injured.

Easter Egg Hunt Planned for Indian Hills Children

The Easter Bunny will hide colored eggs for kiddies of members at Indian Hills Country club Easter Sunday. The children will be on hand to hunt for the eggs at 4 o’clock.

Air Brakes Locked

A piece of wreckage from the handicap, however, flew under the train’s big Diesel engine and severed a pressure pipe, causing the air brakes to lock. The train was uncoupled, the Diesel brought into town for repairs, and the coaches were pulled in a few minutes later. The train left at 1:10 p.m. to resume its northward trip.

Riding on the handicap were A.B. Bennett, signalman, of St. Augustine, and Robert Rouse of Oak Hill. They were returning from work at White City. The accident occurred on a curve.

The riders said they misjudged the time the train was due, and the first thing they knew it was rounding the curve. The two tried to slow up to lift the car off the tracks, saw they couldn’t make it, then tried to speed up to outrun the train, which was beginning to slow down behind them.

They saw they didn’t have time for that either, so they both leaped from the car just before the train struck it.

75 years ago this month as reported in the Tuesday, Saturday, March 25, 1948 edition of the Miami Herald

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75 years ago this month as reported in the Sunday, March 21, 1948 edition of the Miami Herald

The Easter Bunny will hide colored eggs for kiddies of members at Indian Hills Country club Easter Sunday. The children will be on hand to hunt for the eggs at 4 o’clock.

This is an annual event planned for little folks and this year Mr. and Mrs. Frank Fee are to be hosts, assisted by Mr. and Mrs. Arthur Byal and Mr. and Mrs. E. C. Register.

Each child is to take three colored eggs and a basket.

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Take Advantage of FPUA’s Natural Gas Rebate Program and receive a rebate of up to $675 when you switch out your old water heater.

MORE OF WHAT YOU WANT.
hot water

LESS OF WHAT YOU WANT TO SPEND.
money

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FREE JOB TRAINING
CULINARY
BARISTA
HOSPITALITY
CDL

StopHunger.org/job
Local Company Produces Line of Products to Highlight Bond Between Loved Ones

When Sandee Allen’s first child was born in 1977, she coined the phrase “I Love You The Whole Wide World.” It was a phrase that stayed with us through the years and relayed her all-encompassing love for her children and now, her grandchildren.

Five years ago, when she felt things starting to go astray in the world, she thought many people could benefit from knowing there was someone close to them that loved them above all else, that their world was better because they were in each other’s lives.

Her idea was to create merchandise that relayed the special bond between loved ones, thus, the “I Love You The Whole Wide World” collection was born.

The recent creation of jewelry, teddy bears and decorative pillows will give you the opportunity to tell your special someone that message. Sandee invites all to visit her website www.thewholewireworld.store and view the beautiful products. Updates to the baby line will be available this spring.

How the SBA Helps Entrepreneurs Start and Grow Their Businesses

by U.S. Small Business Administration, www.sba.gov

Starting a business is a hallmark of the American Dream. Did you know that more than 10 million Americans have started small businesses in the last two years? This National Entrepreneurship Week, February 11-18, check out SBA’s resources and programs so you too may one day join the millions who have already realized their dream of small business ownership.

Starting Your Business — Starting a business involves planning, making key financial decisions, and completing a series of legal activities. The SBA’s Business Guide breaks everything down, step by step.

Planning: What is the need for your product or service? How can you find a competitive edge? Conducting market research will help you answer these important questions and form the basis for your business plan. If you’re unfamiliar with how to write one, the SBA has you covered. An effective business plan showcases your value to lenders and investors, both of whom can assist you with funding.

Launching: It should come as no surprise that a lot of decision-making comes with starting a business from the ground up. Where should you build your business? Should you have a brick-and-mortar location, or is an online store enough? Choosing the right name and business structure will have a big impact on your trajectory. And, of course, there is registering your business, getting the proper tax IDs, and applying for licenses and bank accounts. It can feel overwhelming, but it doesn’t have to be. The SBA can walk you through it all with an expert perspective.

Growing Your Business — Once you’ve mastered your day-to-day and achieved a certain level of success, you’ll want to take your business to the next level. The SBA can help you reach new heights.

Managing: What is standing between you and your next business goal? Perhaps it’s upgrading a critical piece of equipment or revisiting your business plan altogether. Whether it’s buying new assets, optimizing your marketing and sales strategies, or anything else management-related, the SBA can point you in the right direction. That goes for emergency- and disaster-preparedness, too.

Expanding: Growth could mean several things to you as a business owner. Maybe you want to invest more money or expand to new locations. The SBA offers resources for both. There is also assistance for entrepreneurs who want to branch out into uncharted territory. Are you interested in exporting your products or getting involved in government contracting? Reach out to the SBA to learn how.

Of course, SBA resource partners are here to support you every step of the way. Like you, the SBA’s network is made up of those who share a strong passion for entrepreneurship. For more information about starting or growing your own small business, visit sba.gov/starting.

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In the News

15th Annual
Manatee Center 5K & One-Mile Run
Saturday March 18th
A fun fundraiser for environmental education.

Manatee Observation Station
A fun environment for environmental education.

To register, contact: Claire Allen, 5K or 1 M
$20 registration includes finisher’s medal/optional race shirt available for $10
$15 registration includes finisher’s medal and a race shirt
Kids 19 and under register for $15
Virtual 5K: Walk or run anywhere! theworld and track your progress on www.RunSignUp.com

Stop in or call 772-216-2821 cell  |  772-242-8436 joannemccurdy1@aol.com
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How the SBA Helps Entrepreneurs Start and Grow Their Businesses

by U.S. Small Business Administration, www.sba.gov

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Launching: It should come as no surprise that a lot of decision-making comes with starting a business from the ground up. Where should you build your business? Should you have a brick-and-mortar location, or is an online store enough? Choosing the right name and business structure will have a big impact on your trajectory. And, of course, there is registering your business, getting the proper tax IDs, and applying for licenses and bank accounts. It can feel overwhelming, but it doesn’t have to be. The SBA can walk you through it all with an expert perspective.

Growing Your Business — Once you’ve mastered your day-to-day and achieved a certain level of success, you’ll want to take your business to the next level. The SBA can help you reach new heights.

Managing: What is standing between you and your next business goal? Perhaps it’s upgrading a critical piece of equipment or revisiting your business plan altogether. Whether it’s buying new assets, optimizing your marketing and sales strategies, or anything else management-related, the SBA can point you in the right direction. That goes for emergency- and disaster-preparedness, too.

Expanding: Growth could mean several things to you as a business owner. Maybe you want to invest more money or expand to new locations. The SBA offers resources for both. There is also assistance for entrepreneurs who want to branch out into uncharted territory. Are you interested in exporting your products or getting involved in government contracting? Reach out to the SBA to learn how.

Of course, SBA resource partners are here to support you every step of the way. Like you, the SBA’s network is made up of those who share a strong passion for entrepreneurship. For more information about starting or growing your own small business, visit sba.gov/starting.

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In the News

15th Annual
Manatee Center 5K & One-Mile Run
Saturday March 18th
A fun fundraiser for environmental education.

Manatee Observation Station
A fun environment for environmental education.

To register, contact: Claire Allen, 5K or 1 M
$20 registration includes finisher’s medal/optional race shirt available for $10
$15 registration includes finisher’s medal and a race shirt
Kids 19 and under register for $15
Virtual 5K: Walk or run anywhere! theworld and track your progress on www.RunSignUp.com

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March is a great month to try your luck at fishing and prove why we are known as the Treasure Coast! Our local waters are an angler’s dream with many amazing species that will have you eating like a king. Inshore and offshore anglers are catching sails, redfish, cobia, snapper, tarpon, snook, and sheepshead. Snook are highly prized for their great fight and amazing taste. I recommend live finger mullet, pilchards, pinfish, or croakers when focusing on snook. A tight drag is a must for these smart fighters as they are very good at breaking off around pilings, docks, and other structures. Sheepshead are still around the inshore reefs and some live shrimp will definitely help get the action going. Target permit with live shrimp or blue crab on shallow nearshore reefs.

Offshore bottom fishing has been great for the snapper bite around the 60–90 foot reefs. Using live bait or cut-bait with enough weight will usually lead to a variety of big snapper like mangroves, lanes, and muttons. Snapper will tap your bait a couple times but when you feel a solid pull, set the hook and crank the reel. Nothing beats catching your own snapper for a fresh fish dinner.

The photo this month comes from a recent oyster matting event for the Living Docks Program sponsored by Florida Oceanographic Society under the guidance of Dr. Lorae’ Simpson Foltz who is holding one of the completed oyster mats. This event was hosted by Sailfish Brewing Company in downtown Fort Pierce. These mats will be placed around the Causeway Cove area to help improve local water quality by promoting the growth of living organisms. Saving our waters is key to sustaining a healthy fishing industry.

Treasure Coast Gold
by Captain Bo Samuel

If you're looking for that famous pot o’ gold, it's in our Treasure Coast waters! Come visit me at Little Jim Bait & Tackle where there's always time for food, fun, and fishing. Here’s hoping your St. Patrick’s Day includes a bit of luck Pullin’ Drag! ❖

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Brooke Harris — Zucchini Lasagna

**Ingredients**
- 5 medium zucchinis, sliced into 1/8-inch slices
- 1 lb. lean ground turkey or ground chicken
- 1 onion, diced
- 2 cups broccoli, chopped small
- 2 cups cauliflower, chopped small
- Seasoning – salt & pepper to taste
- 1 25-oz. jar spaghetti sauce
- 2 cups spinach, chopped
- 2 cloves garlic, minced
- 2 cups cottage cheese
- 1/2 cup grated Parmesan cheese
- 1 cup shredded mozzarella cheese

**Instructions**
1. Preheat oven to 425° and line baking pan with parchment paper.
2. Place sliced zucchini on baking pan and bake 5 minutes; flip zucchini and bake 5 more minutes.
3. Remove zucchini from oven and adjust oven heat to 375°.
4. In large non-stick skillet, cook meat until browned. Add the vegetables, seasonings, and spaghetti sauce. Simmer until vegetables begin to soften, stirring occasionally (about 10 minutes.) Set skillet aside.
5. Mix cottage cheese and Parmesan cheese together.
6. Spray two 8” x 8” or one 9” x 13” baking dish(es) with cooking spray.
7. Lather baking dish(es) with 1/3 meat sauce; 1/3 zucchini “noodles” half of the cheese mixture. Repeat layer(s) for 2nd time.
8. Top two layers of ingredients with 1/3 meat sauce and 1/3 zucchini “noodles”.
9. Sprinkle mozzarella cheese on top
10. Cover with foil and bake at 375° for 50 minutes.
11. Remove foil and bake uncovered for 10 more minutes.
12. Let sit for 10 minutes before serving.

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