Let the Party Begin! June 30th! All Day, Family Event

There are some exciting changes to our Independence Day celebration! This year the Greater Naples Fire Department’s Honor Guard will lead the parade, followed by the rest of the Fire department vehicles. This special addition will coincide with the dedication of the Tom Mitchell Fire Station.

Thank you to the Collier County Sheriff’s Department for working with us to help us in our special fire house dedication.

The celebration is all about Hometown Heroes and Everglades Strong! The parade will certainly be an example of our town’s resilience and patriotism. We hope everyone can attend! Thanks to Tim Smith for making the dedication become a reality!

Don’t Forget to Bring:
Sunscreen
Insect Repellent
A Great Attitude!
Please Leave Your Pets at Home

Independence Celebration Schedule
June 30th, 2018
McLeod Park, Everglades City
Games, Arts & Crafts, Music, Hot Dogs, Cold Drinks, Raffles & Prizes
10:00 a.m. Opening Ceremony
10:30 a.m. Dedication of Fire Station
10:45 a.m. Parade, Hometown Heroes
11:00 a.m. Booths Open, Food, Music
11:30 a.m. Parade Winners Announced
11:30 a.m. Kiddies’ Contest
12:30 a.m. Raffle Winners Announced

FWC Approves New Course Requirements for Airboat Operators Carrying Passengers for Hire

At its June 19-20 meeting in Sarasota, the Florida Fish and Wildlife Conservation Commission (FWC) approved new course requirements for airboat operators carrying passengers for hire.

A tragic airboat accident in south Florida was the impetus behind House Bill 1211, known as “Ellie’s Law,” requiring all airboat operators carrying passengers for hire to complete an Airboat Operators Course.

FWC staff worked with the airboat education industry and stakeholders to gather public input and develop the rule, which details minimum course requirements for instructor qualifications, student requirements, airboat operators course requirements, basic course topics, proof of completion and refresher course requirements.

The rule is supported by the airboat education industry, stakeholders and the public as indicated from three public meetings and meetings with the Florida Airboat Association.

“Public safety is important to the FWC, and with the Legislature’s guidance, this new rule provides additional requirements for airboat operator courses which will improve safety measures for passengers aboard an airboat for hire,” said Commission Chairman Bo Rivard.

Some highlights: Operators must have a HS diploma or GED equivalent. No felony convictions in past 5 years. Must be at least 21 years of age. Operator cannot have a revocation of their operator license in past 3 years. Operator must pass certifications approved by FWC.

Implementation of the new rule will go into effect by July 1, 2019. The entire rule can be viewed on this link: https://bit.ly/2MBC9nQ.

Meet Everglades Community Engagement
Sergeant Adam Hall

Sergeant Adam Hall began his career with the Collier County Sheriff’s Office in 2005 when he obtained a position as a Corrections Deputy, working in the Naples Jail Center.

In 2008, he transferred to Road Patrol and worked in the East Naples District for five years before transferring to the Youth Relations Bureau as a Corporal assigned to Gulf Coast High School.

Sergeant Hall remained in Youth Relations until 2016, when he was promoted to Patrol Sergeant, assigned to the East Naples District.

In September 2017, Sergeant Hall accepted the position of Everglades District Community Sergeant where he continues to have the pleasure of working with the Everglades Area Community.

Sergeant Hall holds a Bachelor’s Degree in Criminal Justice with a Minor in English from Norwich University as well as a Master of Arts in Administration Degree from Barry University.

Sergeant Hall has received three Lifesaving Awards, the EMS Phoenix Award, two Command Recognition Awards, a Teamwork Award, Good Conduct Award as well as several other awards and letters of commendation.

Sergeant Hall has been married to his wife, Elizabeth for thirteen years and they have two children together.

Sergeant Hall has an office upstairs in Everglades City Hall in which he regularly spends time when he is not patrolling the Everglades, Chokoloskee, Plantation and Copeland areas.
### JULY 1, 2018 – AUGUST 4, 2018

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**Sept. 1:** Snook Season Reopens  
**Sept. 15:** Fishing Tourney (see swflgo.com)  
**Sept. 29:** Blessing of the Fleet  
**Oct. 15:** First Day of Stone Crab Season  
**Oct 27:** Halloween Celebration  
**Oct 27 & 28:** Butcher Swamp Weekend

### AREA INFORMATION & NUMBERS:

- **AA:** Wed., 5:00 pm, Evg. Comm. Church, Fellowship Hall  
- **CARNESTOWN Recycle and Trash:** 2nd Saturday, 9 am to 3:30 pm  
- **DR DEMARTINO:** Marco Island office information on p.3.  
- **DR MARTIN:** Call for appointment: 813-787-9738  
- **LIONS CLUB:** Meetings suspended for summer.  
- **MUSEUM:** Open Monday-Saturday, 9 am to 4 pm. 239-695-0008  
- **PANCAKE FLY-IN:** Closed for summer.  
- **REACH OUT:** 3rd Tuesday, 4 pm, City Hall  
- **SKATING RINK:** Closed until further notice  
- **SMALLWOOD STORE:** 11 am to 4 pm. 239-695-2989  
- **THRIFT SHOP:** Open Thurs., & Sat., 11 am to 3, see p.3.  
- **VETERANS SUPPORT:** 2nd & 4th Wed. of month, noon—2 pm

### OTHER IMPORTANT NUMBERS:

- **AIRPORT:** 239-695-2778  
- **BIG CYPRESS:** 239-695-2000  
- **CITY HALL:** 239-695-3781  
- **CURBSIDE TRASH PICKUP** 239-252-2380, (CALL TUESDAY FOR THURSDAY PICKUP)  
- **EVE NATIONAL PARK:** 239-695-3311  
- **FAKAHATCHEE:** 239-695-4593  
- **PUBLIC LIBRARY:** 239-695-2511  
- **SHERIFF:** 239-252-9300

### RIGHT CHOICE SUPERMARKET

- **ATM**  
- **Groceries**  
- **Shirts/Caps**  
- **Beer/Wine**  
- **Camping Gear**  
- **Meats**  
- **Hardware**  
- **Fresh Produce**  
- **Medicine**  
- **Greeting Cards**  

104 S. Buckner Ave., Everglades City, FL 34139, 239-695-4535  
www.RightChoiceSupermarket.com

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**POST OFFICE INFORMATION:**

- **Chokoloskee** (239) 695-4468  
  (M-F: 9:30 am to 1 pm, 2 pm to 4:30 pm, closed Sat. & Sun.)  
- **Everglades City** (239) 695-2174  
  (M-F: 9:30 am to 1 pm, 2 pm to 4:30 pm, closed Sat. & Sun.)  
- **Ochopee** (239) 695-2099  
  (M-F: 8 am to 10 am, noon to 4 pm; Sa: 10 am to 11:30 am)
UPCOMING EVENTS

MOvie Night!
Friday, June 13th
Museum of the Everglades

Come and enjoy Movie Night as we show the classic that was filmed in Everglades City, “Gone Fishin.”

The movie will start at 6:00 pm, but there is a special exhibit starting at 5:00 pm at the museum.

The event and movie are free and everyone is invited to attend. For more information, call Thomas at the Museum at 239-695-0008.

Swamp Walks
Hosted by Clyde Butcher & South Florida National Parks Trust
Saturday & Sunday, October 27 & 28
From 9:00am - 5:00pm

The fourth Annual Big Cypress Gallery Fall Festival, is a recognition of the continuing importance of protecting our unique swamps of Florida and natural environment through education. The guided ranger-led swamp walks behind the Ochopee gallery are $50 per person (kids 17-and-under are free, no tickets required) If you would like to do a swamp walk there is limited space Call (941) 486-0811 to reserve your space.

Website Features SWFL Local Attractions, Accommodations & More!!

SWFLGO.com is a virtual hub for residents and visitors to the southwest Florida area. The website is easy to navigate, and a user can find out everything about the area on their mobile device or laptop with just a click... including a weather feed, fishing regulations, tides, food, accommodations, activities and more.

SWFLGO is a great community and visitor resource. We welcome your input and feedback! Please let your friends and any visitors know about SWFLGO and look for us on Facebook too @SWFLGO.

If you would like a free business listing, please contact us at 954-662-7003 or info@swflgo.com. Premier listing are available.

Voice Your Community’s Needs! Take PACE the Survey!

The Florida Department of Health in Collier County wants to help you make where you live even better. You can take the online survey at: www.surveymonkey.com/r/PACE-EHSSurvey

You will also be able to pick up and drop off the surveys at: City Hall, Right Choice Supermarket, Win-Car, Inc., and Museum of the Everglades.

COMMUNITY SERVICES

FREE DENTAL, BLOOD PRESSURE & DIABETES SCREENINGS, PLUS BEHAVIORAL HEALTH INFORMATION FOR ALL AGES
July 26th, 8 am to 4 pm

The Healthcare Network of Southwest Florida’s Health & Smiles Mobile Dental Bus is scheduled to be in Everglades City on July 24th from 9 am to 4 pm, in the Fire Station parking lot, providing free dental, diabetes, blood pressure screenings and behavioral health information. For more information or an appt: call 239-986-7323.

THE FOOD BANK IS OPEN!
Wednesday noon to 2pm

Everglades Community Pantry, a proud partner agency of the Harry Chapin Food Bank, is open every Wednesday from noon to 2 in Jinkins Fellowship Hall at Everglades Community Church. This institution is an equal opportunity provider and employer.

DOCTOR’S CLINIC

Dr. Kirk DeMartino is seeing patients in his Marco Island Office. You may call his office to schedule an appointment to see him there: (239) 642-5552.

NATURAL MEDICINE

Dr. John Martin can see patients in Everglades City. Appts: from 10 am to 6 pm. Call to confirm: 813-787-9738.

~ ACCOUNTING SERVICES~
MIKE “THE TAX GUY”

Local and professional, personal & business tax services in Everglades City. Call 239-595-4203 to set an appointment. Email: mfn19842@naples.net for more information.

NEW THRIFT SHOP

The new thrift shop is open, Thursday & Saturday from 11 am to 3 pm. Come see the new store! Please do not leave donations on the porch outside where they can get wet or damaged! Please do not drop off damaged items.

A Message From Chief Kingman Schuldt

This week members of the International Fellowship Program “Cohort 12” will be completing their eight-week orientation program and preparing for their assignments in the Fire District’s Operation Section. The District is holding a casual event to mark the successful completion of the fellows’ training and recognize the accomplishments of several Fire District employees who participated in the program that prepared them for their next assignment.

The Fellows will be working alongside our firefighters on some of our busiest units for the purpose of experiencing U. S. firefighting practices. Working side-by-side with Greater Naples firefighters will provide the Fellows with experiences to strengthen core competencies through exposure to high-volume operational environments, develop knowledge, skills, and abilities according to industry best practices, adopt the leadership principles of mission-driven cultures, and understand the culture and values of the U. S. fire service.

The International Fellowship Program is an initiative of the International Association of Fire Chiefs. The Program places international firefighters in leading U.S. fire rescue agencies for six months to learn best practices and internalize the U. S. fire service culture. This program is sponsored by Saudi Aramco Oil Company who sends 40 members of its Fire Protection Department to the U.S. per year, in five “cohorts” of eight firefighters.

Greater Naples Fire Rescue District has been afforded this unique opportunity to participate in the program. Currently participating agencies include San Diego (CA) Fire Rescue, Oklahoma City (OK) Fire, Rescue, & EMS, Rogers (AR) Fire Department, Prince George’s County (MD) Fire/EMS, DeKalb County (GA) Fire Rescue, Columbus (OH) Division of Fire, Sacramento Metropolitan Fire (CA), and Miami-Dade Fire Rescue (FL).
Our Amazing Bodies by Dr. John Martin
Special Senses Series- TOUCH

Let's expand on this right away. The concept of touch most people think of right away is that of tactile touch, like when you reach out and touch some object with your finger. Sensory receptors give us information (like tactile touch) about conditions in our environment outside our bodies, and also about conditions of the environment inside our bodies.

The sensation of touch includes this tactile sense, referred to as an Exteroceptor. This category of receptors also includes: Thermoreceptors (perceiving hot and cold, and changes in temperature), Meissner's Endings (also touch sensitive), Free Nerve Endings (sensitive to touch, heat, cold or pain, aka nociception). Another category includes: Proprioceptors (all important position sense receptors): Pacinian Corpuscles (found in deeper tissues – derrmis, connective tissue, muscles, ligaments and tendons). Additional proprioceptors include: Muscle spindles, and Neurotendinious organs, both especially sensitive to stretch. Impulses from these structures reach the cerebellum at the back of the brain and help maintain muscle tone generally, and fine motor movements specifically. These proprioceptors are especially important in rehabilitation efforts following traumatic accidents, like automobile accidents.

Special receptors include: light sensitive receptors in the eyes, taste and smell (olfactory) sensitive receptors in the mouth, and auditory/vestibular (hearing and balance) sensitive receptors in the ear. Special sensory receptors have been covered in previous articles. See previous MR issues for functional detail.

Under the general category of sensory receptors, the tactile sense is what we might be most familiar with. Most receptors are transducers. They convert mechanical, chemical, electrical, or light stimuli into electrochemical impulses that can be conducted by the nervous system. Once reaching the thalamus in the brain, these impulses can then be forwarded to the sensory cortex for conscious interpretation or back to the spine and motor centers for the appropriate reflex response.

Yet another category of sensory receptors are called Interceptors. With free or encapsulated nerve endings, these receptors include: chemoreceptors (sensitive to various chemicals and compositions), baroreceptors (sensitive to pressure) and nociceptors (sensitive to pain). These receptors (interceptors) are often associated with special epithelial cells, located in walls of vessels or internal organs.

When these various types of sensory nerves and nerve endings detect an environmental stimulus (outside or inside the body) there is a corresponding processing of the information on three levels, for our survival depends not only on sensation, but also on perception. These Three Levels of Integration include: the receptor level, the circuit level, and the perception level.

At the receptor level a stimulus must excite a receptor and in turn, an action potential is produced, and this action potential must reach the CNS (central nervous system). Specific messages, respective to the type, location, and intensity of these impulses is then delivered to the appropriate region of the cerebral cortex for localization and perception of the stimulus. And finally, processing at the perception level involves the location and specificity of the target neurons in the cerebral cortex, not on the nature of the message (which is just an action potential).

The major features of sensory perception includes: perceptual detection, magnitude estimation, spatial discrimination, feature abstraction, quality discrimination, and pattern recognition.

Perception of pain is experienced by each of us. Pain is not a measure of how well things ARE working. But it is a definite sign that something is NOT working well. Pain is invaluable because it warns us of actual or impending tissue damage and strongly motivates us to take protective action. Pain is a very personal (i.e. emotional) experience and cannot be measured objectively. We all have roughly the same pain threshold. We all begin to perceive pain at about the same stimulus intensity. Our tolerance to pain varies widely. When someone is said to be “sensitive” to pain, we mean that the person has a low pain tolerance, rather than a low pain threshold.

Intense or long-lasting pain activates NMDA receptors, the same receptors that strengthen neural connections during certain kinds of learning. Essentially, the spinal cord learns hyperalgesia. It is crucial, then, that health professionals effectively manage pain early to prevent chronic pain from becoming established. Next time, the Gut – Brain Connection.

~Dr. John Martin
How to Help Your Kids Avoid Summer Brain Drain

Research demonstrates that by the end of summer, students perform, on average, one month behind where they left off in the spring. Furthermore, other studies show that summer learning loss accounts for about 2/3 of the ninth-grade achievement gap in reading. Here are some things you can do to help your kids avoid Summer Brain Drain...and be sharp for the new school year:

**Head To The Library** – Your local public library likely offers a summer reading program that encourages kids, teens, and often adults to read over the summer. Educational, fun enrichment activities throughout the summer are often an important feature of the programs. Additionally, these programs typically involve incentives like prizes or tickets to sporting events.

**Plant A Garden** – It is the perfect time to teach kids about planning, planting, and tending a garden. Your child will learn discipline and feel pride as they watch their plants grow and thrive. Caring for a garden also teaches them about responsibility and physically working a garden is a great form of exercise! If you are short on space, try a community garden or plant some tomatoes or spinach in a container.

**Keep Them Active** – When your children are playing outside, riding their bikes or scooters, or are involved in an organized sport like Little League or gymnastics, they are engaging the bodies and minds. Kids who are sitting on the couch watching TV or YouTube are not. Physical activity stimulates mental activity and improves blood flow to the brain, so get your kids up and moving.

**Supplement Their Success** – Alarmingly studies show that a high percentage of children eat less than the minimum daily allowance of many essential nutrients. Additional studies indicate that modern foods don’t meet children’s needs for these nutrients. Adding an expertly designed multivitamin/mineral supplement to their diet helps to fill any nutritional gaps.

**Cook With Them** – This is one of the best ways to integrate math, reading and following directions with modeling healthy dietary choices. Let your child create the menu! Challenge your children to choose healthy foods in a variety of different colors, such as blueberries, spinach, pomegranates, yellow squash, and red bell peppers, at every meal.

**Explore Together** – Let your kids research local museums, zoos, botanical gardens and any other cool stuff that your community offers. They can snap photos and even make a scrapbook about their adventure. Let the kids research a special animal in the zoo. Have each child pick a different topic to share with each other. You will be helping them subtly sharpen lots of skills, such as research, reading, and organization.

**Learn A New Skill** – Find an age-appropriate interest for your child that he or she hasn’t tried before. It could be building a model rocket ship, learning to paint portraits, taking a pottery class, or discovering how to knit and crochet. When the brain is learning new skills, it is also staying sharp.

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### Alligators Live Here Too.

**Stay Safe While Observing Them!**

Tips from Florida Fish Wildlife Conservation Commission (FWC)

Alligators are a fundamental part of Florida’s wetlands, swamps, rivers and lakes, and they are found in all 67 counties. Florida continues to experience human population growth, and some of that growth takes place where alligators are abundant.

Many new residents seek waterfront homes, resulting in increased interactions between people and alligators. Although most Floridians understand that we have alligators living in our state, the potential for conflict exists.

Because of their predatory nature, alligators may target pets and livestock as prey. Unfortunately, people also are occasionally bitten.

Since 1948, Florida has averaged about five unprovoked bites per year. During that period, a little more than 300 unprovoked bites to people have been documented in Florida, with 22 resulting in deaths.

In the past 10 years, the Florida Fish and Wildlife Conservation Commission has received an average of nearly 16,000 alligator-related complaints per year. Most of these complaints deal with alligators occurring in places such as backyard ponds, canals, ditches and streams, but other conflicts occur when alligators wander into garages, swimming pools and golf course ponds.

Sometimes, alligators come out of the water to bask in the sun or move between wetlands. In many cases, if left alone, these alligators will eventually move on to areas away from people.

**Safety Tips**

♣ Generally, alligators less than four feet in length are not large enough to be dangerous unless handled. However, if you encounter any alligator that you believe poses a threat to people, pets or property, call the Nuisance Alligator Hotline at 866-FWCGATOR (866-392-4286). Please be aware, nuisance alligators are killed, not relocated.

♣ Be aware of the possibility of alligators when you are in or near fresh or brackish water. Bites may occur when people do not pay close enough attention to their surroundings when working or recreating near water.

♣ Do not swim outside of posted swimming areas or in waters that might be inhabited by large alligators. Alligators are most active between dusk and dawn. Therefore, avoid swimming at night.

♣ Dogs and cats are similar in size to the natural prey of alligators. Don’t allow pets to swim, exercise or drink in or near waters that may contain alligators. Dogs often attract an alligator’s interest, so do not swim with your dog.

♣ Leave alligators alone. State law prohibits killing, harassing or possessing alligators. Handling even small alligators can result in injury.

**Alligator Facts**

♣ Alligators mate in June and the eggs hatch in August. If the temperature is below 82.4, the offspring will be females. If the temperature is above 91.3, males are produced. A temperature of 87 degrees will produce an equal number of males and females. The female will lay approximately 50 eggs.

♣ The ridges down the back of an alligator are called “scutes” (pronounced “scoots”).

♣ Alligators will live 30-35 years in the wild. They can live up to 50 years in captivity.

♣ Alligators do not mate until reaching 6 feet in length.

♣ Alligators can stay under water for 2 hours before resurfacing for air.

♣ An adult male alligator can reach 14 feet and weigh over 1000 pounds.

♣ Alligators will eat almost anything: Birds, fish, raccoons, snakes, turtles, crabs, dogs, cats, carrion, and even other alligators.

♣ Alligators rip and swallow their food. They do not chew.
If You Find an Injured Animal, The von Arx Wildlife Hospital is Here to Help

The von Arx Wildlife Hospital in Naples, FL takes care of about 3300 injured or sick animals each year. They only rehabilitate native species at the facility, and they specialize in SW Florida species.

If you find a sick or injured animal, the von Arx center can help…but so can you by following these steps;

1. Call the center @ 239-262-2273. They are open 7 days a week from 8 am to 8 pm. If it is after hours, you will get a voice recording with some instructions. If you speak with someone at the center, they will instruct you what to do with the animal.

2. If it is after hours you will need to take action. Generally, if you can safely capture the animal, this is what you will need to do.

3. Before you attempt to capture the animal, gather a few items first. You will need a box or carrier, an old towel and gloves. If you do not have a box, you can improvise using a laundry basket or something similar. You will want to cover the box or basket so the animal does not escape during transport, so plan for that too.

4. Once you have captured the animal, take a picture of the animal. Arrange to transport the animal to the wildlife center. If it is after hours, cover the animal’s carrier in a dark, quiet place until the center is open and then bring the animal into the center.

Remember, the animal will be afraid, so protect yourself from being bitten. Raccoons, bats and some other mammals are known carriers of rabies and you do not want to get bitten! If you are not sure what to do, always call first! The center is the best resource for information.
My Little Slice of Paradise
by Kathy Brock

Wow...the year seems to be whizzing by! Here it is July and we are just now wrapping up our hurricane repairs, and we are the lucky ones!

Fortunately, the yard seemed to respond very well after the flood. After righting the trees that were toppled, I am happy to say they all survived...which tells us righting them is not a waste of time...it was just so hard to allocate time for that when everything else was such a mess, but thankfully we did. The gumbo-limbo that was completely pulled out of the ground did not survive, but I did start two new trees from cuttings from that tree...so it “sort of” survived too.

The blooming cycle was interrupted in our fruiting trees, but the trees are alive and leafing out nicely.

June-July is the time to fertilize your trees. We try to stick to the March, June, October fertilizing cycle...but June seems to fly by, so we often put it down in early July. It is especially important this year in SW Florida as your trees, shrubs and palms recover from the hurricane. There was also root damage you don’t see so giving them a boost of nutrients will help.

Last winter and spring our vegetables did great. We were overrun with tomatoes. We are still getting jalapeno peppers and the pole beans are making a comeback. The volunteer plants are already coming up and I am certain there will be countless ones that I have to “weed” out as the months pass along.

Last year, I wrote an article about “naturally weeding” the garden bed. You pull visible weeds, water the bed thoroughly, and then you must cover it with plastic for 8 weeks. We did this last season, and it worked very well. It is far better to use this method than to use Roundup around your edible fruits and veggies. The container says it is “safe” but I am not a believer, so I prefer the more natural route.

This summer we have been getting whitely and scale in Everglades City. The whitely is as bad as I have seen it in quite a while. I have used two applications, one week apart, of organic insecticidal soap to try to get it under control. I am not sure how well it will work. I will report back on that in the near future.

Whitely do not like water or wet under the leaves, so if you have them, spray under the leaves to disturb them. When the migratory birds return in October, they will help quite a bit. Many of our winter birds dine on the pests we try to get rid of all summer, so my focus is on organic control...and then mother nature takes over in October.

Summer is the time to plant shrubs and trees. The summer rains will help get them established. Depending on where you are, you need to select plants that can tolerate the specific conditions of your area. In Everglades City, they must be wet and salt tolerant. We will go through periods where our soil is continually wet (unless you use raised beds), and many plants will suffocate in these conditions.

In Chokoloskee, the soil is much drier (because it is higher) but the plants still must tolerate salt and occasional inundation.

Next month we will plant seeds in pots to get our starts going for the early winter veggie season. I like to have early starts and some a bit later to stretch the season out as long as possible.

Hopefully, this will be an uninterrupted, stress free growing season with an emphasis on the “stress free” part. We can put up with thunderstorms, but please no “named” storms this year!

Try to take advantage of our weather by growing things you can eat. It’s healthy and rewarding!

Work outside early in the morning and late in the afternoon to avoid the heat of the day. Make sure you wear a hat and have water with you at all times. Do a little each day and it is much more enjoyable!

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Grandmother Fitzgerald’s, Oh So Southern Pork Chops Special
Submitted by Julia McGlannan

Ingredients:
2 (1/2 thick) pork chops
1 tbs flour
1 tbs veg. oil
2 1/2 tbs freshly grated Parmesan cheese
1/4 tsp salt
1/8 tsp freshly ground pepper
1/4 cup plus 2 tbs hot water
2 cups thinly sliced potatoes
1 med. thinly sliced onion
2 beef bouillon cubes
1 1/2 tsp lemon juice

Directions:
Dredge pork chops in flour, then brown in hot oil in skillet.
Leave chops in the skillet. Combine cheese, salt and pepper sprinkle 1 tbs. of cheese mixture over the pork chops. Arrange potatoes over pork chops then sprinkle 1 tbs. cheese mixture over potatoes. Arrange onion on top of potatoes. Continue to layer as above for however many pork chops or servings you wish to prepare*.
Dissolve bouillon cubes in hot water, stir in lemon juice and pour over vegetables. Sprinkle remaining cheese mixture on top. Cover and simmer 40 minutes or until pork chops are done.

* I usually prepare for three to 4 people. I use a large, deep fry pan which will hold at least 6 boneless pork chops on the first layer, then adjust and continue to layer the rest of the ingredients as applicable.

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MULLET RAPPER CROSSWORD

Across
1 Spud State
6 Short boxing punch
9 Roomy autos
11 Saintly symbol
12 Accident
13 "I suppose"
14 Match
16 Turnpike convenience
22 Solo numbers
23 Like certain organs
24 Multiply rapidly
26 After-hours teacher
27 Gratis
29 Onetime Disney chief
34 Jail feature
35 How bodysuits fit
36 They go with outs

Down
1 Doctrine
2 Agnus or Opus follower
3 Sales aids, for short
4 "Baloney!"
5 Stopping by
6 Capital of Indonesia
7 Cotton state
8 Early man?
10 Building detail, briefly
11 Type of balloon
15 Breaking off
16 Plant juice
17 Make a mistake

6/30/18

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email: mulletrapper@gmail.com

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www.swflgo.com
**Poetry Street**
By Katherine Tullie

**Summer is a time**
when we can all kick
off our shoes, have a
cool drink and relax.
It is a time for family
and friends. That is the inspiration for
my latest poem “Summertime Is Here.”

**Summertime is Here**

Summertime is finally here
Let’s move forward and get in gear
It’s a season to avoid stress and strife
A time to be good
to ourselves and enjoy life
May you have love in your heart all
summer long
And true happiness
as you as you sing your song
It’s the time of year
for sunscreen and hats
Hydrating with cool water
is where it is at
A time to look through your sunglasses
to avoid the glare
Hoping the summer sun
doesn’t bleach out our hair
Now is a special time for family
and friends, I say
They’re so important to us every day
May you have hope in your heart
And true peace that will never part
I am thinking of you on
a summertime day
With wishes for an enjoyable
summer in every way!
Email: Kathythepoet@gmail.com
Look for Poetry Street on Twitter
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Poetry Street, Inc.

**Free Hunter Safety Courses Offered**
in Broward & Collier County

The Florida Fish and Wildlife Conservation Commission (FWC) is offering free hunter safety courses in two counties (list follows).

All firearms, ammunition and materials are provided free of charge. Students should bring a pen or pencil and paper. An adult must accompany children younger than 16 at all times.

Anyone born on or after June 1, 1975, must pass an approved hunter safety course and have a hunting license to hunt alone (unsupervised).

The FWC course satisfies hunter-safety training requirements for all other states and Canadian provinces.

**Internet-completion Courses**

- **Broward**
  - July 21 (8 a.m. – 4 p.m.)
  - July 22 (8:30 a.m. – 5 p.m.)
- **Collier**
  - July 14 (8 a.m. – 2 p.m.) &
  - July 15 (8 a.m. – noon)

The specific locations for these classes will be given to those who register in advance. Those interested in attending a course can register online and obtain information about future hunter safety classes at MyFWC.com/HunterSafety or by calling the FWC’s regional office in West Palm Beach at 561-625-5122.

**Do You Remember the Museum Building After the Laundry Closed?**

If you do, the museum would like to hear from you.

The Museum of the Everglades is looking for people who may remember and have photos of the Museum building after the laundry closed...and before the museum was opened.

Any information is welcomed, and photographs are highly desired.

If you can help, please call Martha or Thomas at the Museum, or stop into the Museum if you are in town. Their number is 239-695-0008.

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**GATOR EXPRESS. IF YOU NEED IT...CHANCES ARE...WE WILL HAVE IT, PLUS MUCH MORE!**

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- FRESH SANDWICHES
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- TACTLE, GEAR
- GATOR SKIN HANDBAGS, CASE KNIVES, NOVELTIES
- COSTA SUNGLASSES

OPEN DAILY UNTIL 7 PM
203 COLLIER AVENUE, EVERGLADES CITY, FL 34139, PHONE: 239-695-3937

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**Park News**

**News from SouthFloridaParks.org**

**Super Nesting Season offers**

**Hope for the Everglades**

Wading birds have been nesting like crazy this year in the Everglades, in numbers not seen since the 1940s!

Park biologists say the super colonies seen this year are a hopeful sign for Everglades restoration. Learn more about the link between wading birds and restoration at a free panel discussion with local experts on Thursday July 19 in Homestead Phone (305) 245-4934 for more information.

**Everglades Expands Efforts to Remove Pythons from Park**

Everglades National Park is stepping up its efforts to control pythons inside the park through a new partnership with state wildlife officials. The park hopes to put the squeeze on pythons by allowing state contractors to remove invasive snakes in the wild. The new program is expected to triple the number of authorized agents at work in the park, from 40 to 120.

**New, Free Junior Ranger Book Teaches Kids About Fishing**

South Florida's parks are great places to go fishing with kids. Lucky for us then, the National Park Service has just released a new activity book for kids interested in learning more about fish and fishing. Kids who complete the Let's Go Fishing activity book can earn a Junior Ranger badge. Download the book today at: swflgo.com/let-s-go-fishing-book-for-kids/ and find a park to go fishing!

**The Ghosts of Summer are Blooming in Big Cypress**

Summer in Big Cypress can be scorching hot and buggy, but nature rewards those who go exploring this time of year in South Florida's national parks. Exhibit A (photo, left): a ghost orchid found in full bloom last week in Big Cypress National Preserve. Big Cypress is home to more than 30 different species of native orchids.
Living Gulf Coast
by Charles Sobczak

Mound Key Archeological State Park and the Estero River
Location: Boat ramp at Koreshan State Historic Site: 3800 Corkscrew Road, Estero, FL, 33928 / Phone: 239-992-0311 / Admission is free but access is by watercraft only.

Located in the heart of the Estero Bay Aquatic Preserve, Mound Key is the ancient home of the Calusa Indians and the highest point of land in Lee County. Currently standing at 32 feet above sea level, Mound Key, when first encountered by the Spanish in 1513, was reported to be nearly twice that height. Archeological evidence indicates that the Calusa first started inhabiting this 125-acre site around 100 A.D. when it was little more than an mangrove-covered oyster bar. Over the ensuing 1,400 years, as the kingdom of the Calusa grew in stature and power, they built a series of three separate mounds that held the cacique’s home (Mound 1), the courtyard (Mound 2) and the large Calusa temple (Mound 3). The term Cacique is the Calusa word for king. At the time of the first European contact it is believed that more than 1,000 Calusans lived on Mound Key and the temple itself was large enough to hold the entire village under its thatched roof.

There is considerably debate over the origins of the Calusa Indians. With an average height of 5’8” these Native Americans towered over the Spanish explorers, who stood an average of 5’2” at the time. The Calusa were reported to have reddish hair and strong, muscular builds. Although the Spaniards established the New World’s first Jesuit mission on Mound Key in 1566, the Calusa, rather than submit to a religion they did not understand, mysteriously fled Mound Key shortly thereafter and the mission was abandoned by 1569. The Calusa never lost a battle against the Spanish, nor did they ever surrender to them. Sadly, in large part due to their lack of immunity against European diseases, especially small pox and influenza, the Calusa tribe was wiped out by 1750. Many believe the Calusa came up from South America and were not closely related to the North American Indians, though with no lineage available for genetic testing, this theory will likely never be proven.

After the Calusa lost control of Mound Key, it was inhabited by pirates, Cuban fishermen and eventually homesteaders. The Koreshan Unity group that lived up the Estero River from Mound Key eventually purchased much of the island and in 1961, donated their holdings to the State of Florida along with the Koreshan settlement acreage in Estero. Only nine of the 175 acres of Mound Key are privately held by the McGee family of Ft. Myers. Mound Key is managed by the park staff at Koreshan State Historical Site.

There is a half-mile long hiking trail that traverses the island, including a walk through the mangrove filled former central canal. The view from the top of Mound 1 is panoramic. It includes views of Ft. Myers Beach and the Gulf of Mexico to the west and all of the Aquatic Preserve to the east, south and north. Unlike almost every other trail described in The Living Gulf Coast, this one actually has hills. Bird and wildlife sightings, while interesting and diverse, are not the main reason for visiting this site. While hiking up and down these immense shell mounds one cannot help but wonder what the Calusa kingdom must have looked like 600 years ago. The Calusa were the most powerful tribe in Florida. They lived as hunter, gatherers, and thrived in an eco-system that teemed with redfish, snook, oysters, shellfish, manatee and birds. They were a healthy people living in harmony with their surroundings while putting minimal pressures on their environment. That is the reason for visiting Mound Key.

Getting there is half the fun. The easiest way to access this archeological treasure by canoe or kayak via the Estero River. There are two options for renting a canoe or kayak. The Koreshan State Historic Site rents aluminum canoes for a modest fee, but the other option is to rent a canoe or kayak from the Estero River Outfitters, located at 20991 S. Tamiami Trail ~Good Luck Fishing! Capt. Mike Merritt (Mound 2) and the large Calusa temple (Mound 3). The term Cacique is the Calusa word for king. At the time of the first European contact it is believed that more than 1,000 Calusans lived on Mound Key and the temple itself was large enough to hold the entire village under its thatched roof.

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Paddling the Estero River to and from Mound Key is a wonderful way to spend the day. While the upper section of the river has considerable development, roughly half way down the Estero River the houses and condominiums disappear and you find yourself paddling along amidst an endless mangrove forest filled with herons, egrets and osprey. It is always advisable to bring a fishing rod along, as these shallow, estuarine waters teem with sport fish. While there are no facilities on Mound Key there are several interesting historical kiosks along the trails that help you get a better grasp of the Calusa culture. Because it is a designated archeological site, picking up any artifacts or shells, even dead ones, are strictly prohibited.

Accessible only by boat, Mound Key is one of Lee Counties most unique destinations.

This article is an excerpt from “The Living Gulf Coast – A Nature Guide to Southwest Florida”.
Local News

Collier County Ranked 10th in the Top 10 Best Places to Live for Longevity According to Realtor.com

In America, the median life span is nearly 79 years, according to the U.S. Centers for Disease Control and Prevention. But that's not universal. There are pockets of the Deep South and the Dakotas where a storm of socioeconomic factors lowers life expectancy to 68 years or less. But then there's the other side of the equation: the special places where people regularly blow right past 80, healthy and active, and just keep on going.

The data team at realtor.com® set out to find these American fountains of youth. We located the 10 counties where people are living the longest, and then took a deep dive to find out what differentiates them from the rest of the country.

“If you want to live a long time, the best thing you can do is move to a place where people are verifiably living the longest,” says Dan Buettner, founder of Blue Zones, an initiative that works with communities to help set up wellness policies to increase the life span of residents.

Buettner has spent his career researching the places around the world where people live the longest. The five so-called blue zones are Okinawa, Japan; Sardinia, Italy; Nicoya, Costa Rica; Icaria, Greece; and Loma Linda, CA.

Buettner contends that our habits—destructive or healthy—are shared by fellow community members. So if your neighbors are hiking on weekends or cycling to work, you're more likely to do the same. Up with the longevity list, we used data from the Institute for Health Metrics and Evaluation at the University of Washington, in Seattle, which looked at death certificates in every U.S. county in 2014 to calculate the life expectancy from birth. We also added population data from the Census Bureau and home price data from realtor.com.

Then we interviewed health experts, residents, business owners, and real estate experts to figure out why life expectancies stretch so long in these places. (The ranking was limited to just one county per state for geographic diversity.)

Read the entire article: www.realtor.com/news/trends/best-counties-want-live-forever

Medicare Savings Programs Can Reduce Insurance Costs for Seniors

Florida Department of Health
SHINE Counselors Can Help Seniors Apply for Cost Savings Programs

More than 2 million older Americans are receiving letters from the Social Security Administration about programs that could help pay their health care expenses. Recipients of these letters are likely eligible for Extra Help, a low-income subsidy program for Medicare Part D prescription benefits, or other Medicare Savings Programs.

The Area Agency on Aging for Southwest Florida (AAASWFL) wants to reassure seniors that these letters from the Social Security Administration are legitimate. Recipients are encouraged to contact the SHINE (Serving Health Insurance Needs of Elders) program to determine if they are eligible and receive application assistance.

SHINE Medicare counselors provide free, unbiased, and personalized assistance with Medicare, Medicaid, prescription drug plans, and long-term care insurance. Offered locally through the Area Agency on Aging for Southwest Florida, SHINE empowers seniors, their caregivers, and family members to make informed decisions about health care coverage. SHINE is a volunteer program of the Florida Department of Elder Affairs and part of the national SHIP Program.

“About 12 million people nationwide use one of these programs to help cover the costs of medications, copays, deductibles, and Medicare premiums,” explains Camilita Aldridge, SHINE Liaison with AAASWFL. “About 3,200 people in Collier County will receive these letters. If you found one of these letters in your mailbox, SHINE may be able to help you save hundreds or even thousands of dollars on your health care. With healthcare costs continuing to rise, these programs can be a lifeline for older adults with limited incomes.”

AAASWFL provides SHINE counseling services at locations across Southwest Florida. To make an appointment with a SHINE counselor, call AAASWFL’s toll-free Elder Helpline at 1-866-413-5337. A list of counseling sites can also be found on the SHINE website: www.floridashine.org.

NEWS You Can Use

It’s Hurricane Season Again. Getting Prepared Early Helps Reduce Stress

Summer is a time for family fun, outdoor activities and vacations. But when the weather is warmer...it also can bring in severe weather.

In Florida, we think of tropical storms and hurricanes. But in any city, you could have severe weather that impacts electricity, water and other utilities.

Here are a few things to do to help your family get prepared for severe weather:

Make a Family Communications Plan

♦ As roads may be impassable and cell phone service may be disrupted, identify alternate ways of staying in touch with loved ones.
♦ Choose an out of town friend or relative as a point of contact.
♦ Decide on a meeting place in case you cannot return home.
♦ Keep important documents and phone numbers with you at all times.
♦ Ensure children are included in preparedness conversations and make sure they have emergency contacts memorized or saved in a secure place.
♦ Identify the closest shelter in case you are ordered to leave your home, and let your family know its location.

Stay Informed

♦ Listen for the most up-to-date information before, during and after a disaster.
♦ Local media will provide evacuation orders, details about evacuation routes and shelter locations.
♦ Make sure your battery-powered radio is working and you have extra batteries.
♦ Download the FEMA App at fema.gov/mobile-app to receive severe weather alerts, safety tips and much more. Stay updated with weather-related alerts from the U.S. National Weather Service and local media.

Prepared Early Helps Reduce Stress

Volunteering for a local organization or offering to help neighbors who aren’t as fortunate as you can provide comfort and support. By sharing your resources, you can help your family and community.

 Reduce Stress

♦ Practice stress management techniques such as deep breathing, meditation, yoga or tai chi.
♦ Take breaks from work and other responsibilities.
♦ Get enough sleep.

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Learn How to Beat the Heat

Hot weather is here. Extreme heat can be dangerous. In 2011, thousands of workers in the United States got sick from exposure to excessive heat on the job, and more than 60 workers died. These illnesses and deaths can be prevented by taking some simple precautions.

**BEAT THE HEAT: THREE SIMPLE STEPS**

When working outside during hot weather, remember these three things:

**WATER:** You need plenty of water throughout the day—every 15 minutes. Don’t wait until you feel thirsty.

**REST:** Rest breaks help your body recover.

**SHADE:** Resting in the shade or in air-conditioning helps you cool down.

**HEAT-RELATED ILLNESS:**

**KNOW THE SIGNS**

It’s important to know the signs of heat-related illness—acting quickly can prevent more serious medical conditions and may even save lives.

**Heat Stroke** is the most serious heat-related illness and requires immediate medical attention. Symptoms include: confusion, fainting, seizures, very high body temperature and hot, dry skin or profuse sweating. CALL 911 if a coworker shows signs of heat stroke.

**Heat Exhaustion** is also a serious illness. Symptoms include: headache, nausea, dizziness, weakness, thirst and heavy sweating. Heat fatigue, and heat rash are less serious, but they are still signs of too much heat exposure. If you or a coworker or friend has symptoms of heat-related illness, tell someone right away.

If you can, move the person (or yourself) to a shaded area loosen his/her clothing, give him/her water (a little at a time), and cool him/her down with ice packs or cool water.

If you suspect you or someone else is suffering from heat-related illness, call 911!

WANTED TO LEASE: In Everglades City or Chokoloskee area. Full time resident looking for a home, condo or trailer for long term lease. Please contact John @ 954-422-3469.


FOR RENT: One bedroom apartment in the Glades Building across from the Rod & Gun Club on the corner of Allen Ave. For more information call: 239-293-3033.

OFFICE SPACE FOR RENT: Two office spaces for rent in the Glades Building across from the Rod & Gun Club. For more information or to set an appointment call: 239 293 3033.

FOR SALE: 2005 3 Bdrm., 2 Bath concrete stilt home with additional Deeded adjoining lot. @ 233 Worley St Chokoloskee. Asking $269,000. View by appointment only. Call 813 763 1944.

GOLF CART CHARGER; EZ Go golf cart charger. Links brand. Only used 2 months. Standard plug in, perfect condition, automatic shut off. This charger is over $300 new. Will sell for only $100. Located in Everglades City. For more information, call Kathy: 954-662-7003.

JOB OPPORTUNITY: Become an election worker for the 2018 elections. Qualifications: Be a registered voter in Collier County. Be able to read and write English. Complete the orientation and training. You must be available to work a 12-14 hour shift. Get started today! Complete your application at www.CollierVotes.com. Call us if you have questions. By email at: ElectionWorker@colliergov.net. Or by phone: (239) 252-VOTE (8683).


THE MULLET RAPPER
P.O. Box 134
Everglades City, FL 34139

“The Everglades is a test. If we pass it, we may get to keep the planet.” ~ Marjory Stoneman Douglas
Visit us on Facebook: www.facebook.com/evergladescitynews/
2017 Annual Drinking Water Quality Report
Everglades City PWS# 5110089

We're pleased to present to you this year's Annual Water Quality Report. This report is designed to inform you about the quality water and services we deliver to you every day. Our constant goal is to provide you with a safe and dependable supply of drinking water. We want you to understand the efforts we make to continually improve the water treatment process and protect our water resources. We are committed to ensuring the quality of your water. Our water source is the Surficial Aquifer. The water is then treated with Nano Technology and chloraminated for disinfection. If you have any questions about this report or concerning your water utility, please call the office at 239-695-3781.

Everglades City routinely monitors for contaminants in your drinking water according to Federal and State laws, rules, and regulations. Except where indicated otherwise, this report is based on the results of our monitoring for the period of January 1 to December 31, 2017. Data obtained before January 1, 2017, and presented in this report are from the most recent testing done in accordance with the laws, rules, and regulations.

In the table below, you may find unfamiliar terms and abbreviations. To help you better understand these terms we've provided the following definitions:

Maximum Contaminant Level or MCL: The highest level of a contaminant that is allowed in drinking water. MCLs are set as close to the MCLGs as feasible using the best available treatment technology.

Maximum Contaminant Level Goal or MCLG: The level of a contaminant in drinking water below which there is no known or expected risk to health. MCLGs allow for a margin of safety.

Action Level (AL): The concentration of a contaminant that, if exceeded, triggers treatment or other requirements that a water system must follow.

Maximum residual disinfectant level or MRDL: The highest level of a disinfectant allowed in drinking water. There is convincing evidence that addition of a disinfectant is necessary for control of microbial contaminants.

Maximum residual disinfectant level goal or MRDLG: The level of a drinking water disinfectant below which there is no known or expected risk to health. MRDLGs to not reflect the benefits of the use of disinfectants to control microbial contaminants.

Parts per million (ppm) or Milligrams per liter (mg/L): one part by weight of analyte to 1 million parts by weight of the water sample.

Parts per billion (ppb) or Micrograms per liter (µg/L): one part by weight of analyte to 1 billion parts by weight of the water sample.

In 2017, a source water assessment was conducted for our water system. The assessment found no potential sources of contamination near the wells. Source water assessments are posted at http://www.dep.state.fl.us/swapp/.

### Inorganic Contaminants

<table>
<thead>
<tr>
<th>Contaminant and Unit of Measurement</th>
<th>Dates of sampling (mo./yr.)</th>
<th>MCL Violation Y/N</th>
<th>Level Detected</th>
<th>Range of Results</th>
<th>MCLG</th>
<th>MCL</th>
<th>Likely Source of Contamination</th>
</tr>
</thead>
<tbody>
<tr>
<td>Barium (ppm)</td>
<td>12/15</td>
<td>N</td>
<td>0.0034</td>
<td>NA</td>
<td>2</td>
<td>2</td>
<td>Discharge of drilling wastes; discharge from metal refineries; erosion of natural deposits.</td>
</tr>
<tr>
<td>Fluoride (ppm)</td>
<td>12/15</td>
<td>N</td>
<td>0.1</td>
<td>N/A</td>
<td>4</td>
<td>4.0</td>
<td>Erosion of natural deposits; discharge from fertilizer and aluminum factories. Water additive which promotes strong teeth when at the optimum level of 0.7 ppm.</td>
</tr>
<tr>
<td>Lead (point of entry) (ppb)</td>
<td>12/15</td>
<td>N</td>
<td>0.6</td>
<td>N/A</td>
<td>0</td>
<td>15</td>
<td>Residue from man-made pollution such as auto emissions and paint; lead pipe, casing, and solder.</td>
</tr>
<tr>
<td>Nickel (ppm)</td>
<td>12/15</td>
<td>N</td>
<td>2.4</td>
<td>N/A</td>
<td>N/A</td>
<td>100</td>
<td>Pollution from mining and refining operations. Natural occurrence in soil.</td>
</tr>
<tr>
<td>Nitrate (as Nitrogen) (ppm)</td>
<td>5/17</td>
<td>N</td>
<td>0.07</td>
<td>N/A</td>
<td>10</td>
<td>10</td>
<td>Runoff from fertilizer use; leaching from septic tanks, sewage; erosion of natural deposits.</td>
</tr>
<tr>
<td>Nitrite (as Nitrogen) (ppm)</td>
<td>5/17</td>
<td>N</td>
<td>0.01</td>
<td>N/A</td>
<td>1</td>
<td>1</td>
<td>Runoff from fertilizer use; leaching from septic tanks, sewage; erosion of natural deposits.</td>
</tr>
<tr>
<td>Sodium (ppm)</td>
<td>12/15</td>
<td>N</td>
<td>71.4</td>
<td>N/A</td>
<td>N/A</td>
<td>160</td>
<td>Salt water intrusion, leaching from soil.</td>
</tr>
</tbody>
</table>

### Stage 1 Disinfectant/Disinfection By-Product (D/DBP) Contaminants

<table>
<thead>
<tr>
<th>Contaminant and Unit of Measurement</th>
<th>Dates of sampling (mo./yr.)</th>
<th>MCL Violation Y/N</th>
<th>Level Detected</th>
<th>Range of Results</th>
<th>MCLG or MRDLG</th>
<th>MCL or MRDL</th>
<th>Likely Source of Contamination</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chloramines(ppm)</td>
<td>Monthly 2017</td>
<td>N</td>
<td>2.95</td>
<td>1.45-4.32</td>
<td>MRDLG = 4</td>
<td>MRDL = 4</td>
<td>Water additive used to control microbes.</td>
</tr>
</tbody>
</table>

### Stage 2 Disinfectant/Disinfection By-Product (D/DBP) Contaminants
Contaminants that may be present in source water include:

(A) Microbial contaminants, such as viruses and bacteria, which may come from sewage treatment plants, septic systems, agricultural livestock operations, and wildlife.

(B) Inorganic contaminants, such as salts and metals, which can be naturally-occurring or result from urban stormwater runoff, industrial or domestic wastewater discharges, oil and gas production, mining, or farming.

(C) Pesticides and herbicides, which may come from a variety of sources such as agriculture, urban stormwater runoff, and residential uses.

(D) Organic chemical contaminants, including synthetic and volatile organic chemicals, which are by-products of industrial processes and petroleum production, and can also come from gas stations, urban stormwater runoff, and septic systems.

(E) Radioactive contaminants, which can be naturally occurring or be the result of oil and gas production and mining activities.

In order to ensure that tap water is safe to drink, the EPA prescribes regulations, which limit the amount of certain contaminants in water provided by public water systems. The Food and Drug Administration (FDA) regulations establish limits for contaminants in bottled water, which must provide the same protection for public health.

Drinking water, including bottled water, may reasonably be expected to contain at least small amounts of some contaminants. The presence of contaminants does not necessarily indicate that the water poses a health risk. More information about contaminants and potential health effects can be obtained by calling the Environmental Protection Agency’s Safe Drinking Water Hotline at 1-800-426-4791.

Some people may be more vulnerable to contaminants in drinking water than the general population. Immuno-compromised persons such as persons with cancer undergoing chemotherapy, persons who have undergone organ transplants, people with HIV/AIDS or other immune system disorders, some elderly, and infants can be particularly at risk from infections. These people should seek advice about drinking water from their health care providers. EPA/CDC guidelines on appropriate means to lessen the risk of infection by Cryptosporidium and other microbiological contaminants are available from the Safe Drinking Water Hotline (800-426-4791).