



The MULLET RAPPER

What's Happening in the Everglades City Area

**TIDE TABLE
RESTAURANTS**

JAN. 14 – JAN. 27, 2017

25¢

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P O Box 134, Everglades City, FL, 34139

Volume X • Issue #280

Naples Author Featured at Museum Reception

Naples author Karen Bartlett was the feature guest at the artist reception held at the Everglades Museum on January 7th.



Karen's work includes children's travel guides for various US cities including Marco Island and other parts of the southwest coast. Her books provide insight and entertainment for young travelers, as well as education.



Thank you to Karen for spending her afternoon with us and for signing the books available at the event.

First Annual White Pelican Festival Takes Flight

Saturday the 7th kicked off the first annual White Pelican Festival on Chokoloskee at Smallwood's store. The highlight of the weekend event was James Billie and the film about his life during the evening dinner at the Oyster House.



The film outlined the history of the Seminole people and James Billie's role as their leader. The music was almost a jam session of top musicians; Pete Gallagher, Pat Barrymore, Rita Youngman, and J. Robert with a special appearance by Raiford Starke and Chief Jim Billie.

In addition to great music, there were booths with everything from gator nuggets to Indian crafts! This was a great start to the annual event! Thank you to everyone who participated and for the eventgoers who supported the effort.

Ready, Set, Eat! Seafood Fest 2017 is Almost Here!

Mark your calendars! The annual Seafood Festival is right around the corner. The city is starting preparations and soon the vendors will roll into town.

February 10, 11 & 12th will mark the busiest days in our area...the only days of the year that you can expect a traffic jam.

If you are coming from outside of Everglades City, please give yourself plenty of time to get into town. The new light at Carnestown may cause a bit of a backup so take that into consideration when judging your travel time.

For information about the festival visit: www.evergladesseafoodfestival.org

Creating A Better Photograph

by Sandee Harraden

Photography is fun when you learn more about it. Sandee Harraden is a local, professional photographer and photography guide. Here are some of her favorite tips to help you take better shots.

Know Your Own Equipment. Practice with your camera often. You don't need an expensive camera.

Determine Your Main Element. What are you shooting and why?

Be Picky, Don't Just Snap Photos. Move high, low, right, left... Change your perspective and get out of the habit of shooting from eye level.

Keep It Simple. Get rid of all distractions. Pay attention to Depth of Field and things in the background. Change your angle and isolate your main element.

Be Patient. Wait for the best moment before you press your shutter. Watch the wildlife behavior, watch the sun, watch the shadows, watch the background.

Tell A Story. What are you trying to express? What do you want to tell your viewer?

Use the Light. Be observant and find interesting shadows and shapes. Make a two-dimensional image into a three-dimensional image by showing the illusion of depth.

Use Contrast. Visual Contrast is the contrast between tones and colors. Early morning and late afternoon are the best times to photograph.

Balanced Composition. Static Balance is when your main element is in the middle of your photo and this tends to be boring. Dynamic Balance is when your main element is in the left, right, top, or bottom of your photo.

Lead the Eye. Include a leading line or lines which brings the eye into the photo and has the eye move around within the photo. Use lines, shapes, shadows...

Fill the Frame. Make sure your viewer can see your main element. Sometimes frame your main element with another element.

RAPPER TABLE OF CONTENTS

Calendar	p. 2	Dr. Martin	p. 9
Events, etc.	p. 3	My Slice	p. 9
School News	p. 5	MSD Festival	p.10
Services	p. 5	Local News	p.10
Living Gulf Coast	p. 7	Museum News	p.10
History Pics	p. 7	Get in Shape	p.11
Recipe	p. 7	Restaurants	p.11
Crossword	p. 8	Classifieds	p.12

FEATURE: DIGESTIVE SYSTEM, P. 9

Have news, photos, announcements, or articles? Email mulletrapper@gmail.com or call or text 954-662-7003.

JANUARY - FEBRUARY 2017



Indicates prime fishing time!

<u>SUN</u>	<u>MON</u>	<u>TUES</u>	<u>WED</u>	<u>THURS</u>	<u>FRI</u>	<u>SAT</u>
15 	16 Hour of Prayer Copeland Baptist Church, 7 pm MLK Day	17	18 Ladies Coffee Island Cafe, 8 am	19 Book Club, <i>see p. 10</i>	20 Everglades Arts Reception, 1-4pm	21 Pancake Fly-In, 10 am Star Gazing Party, <i>see p. 3</i>
22	23 Hour of Prayer Chokoloskee Church of God, 7 pm	24 	25 Ladies Coffee Sweet Mayberry's, 8 am	26 	27 <small>new moon</small> ☉ 	<u>RAPPER 28</u>
29 Antique Auto Show, <i>see p. 3</i>	30 Hour of Prayer Holy Family Catholic Church, 7 pm	31	February 1 Ladies Coffee City Seafood, 8 am	2	3 Movie Night 5:30 pm	4
5	6 Hour of Prayer Everglades Comm. Church, 7 pm ESH Meeting, 8:30 am, City Hall	7 Congressional Aide Visit, 3:30 to 5:00 pm, City Hall City Council Mtg, 5:30 pm	8 Ladies Coffee Havana Cafe, 8 am	9 Lions Club Mtg.	10 Seafood Festival	<u>RAPPER 11</u> Seafood Festival
12 <small>full moon</small> ● Seafood Festival	13 Hour of Prayer Copeland Baptist Church, 7 pm	14	15 Ladies Coffee Island Cafe, 8 am	16 Book Club, <i>see p.10</i>	17	18 Pancake Fly-In, 10 am

Feb 20: Presidents' Day Holiday

Feb 21-25: Marjory Stoneman Douglas Festival

March 4 & 5: Turkey Shoot

March 10: Movie Night

March 18: Pancake Fly-in

March 25: Art-in-the-Glades

THRIFT SHOP: Tues., Thurs., Sat., 11 am-3 pm
 LIONS CLUB: 2nd Thursday of Month, Oyster House, 6 pm
 DR DEMARTINO: Friday's 2 to 5 pm
 DR MARTIN: *Not taking appointments at this time*
 AA: Wed., 5:00 pm, Community Church
 HEALTHY EATING: Schedule to be announced
 MUSEUM: Mon - Sat., 9:00 am to 4:00 pm
 CARNESTOWN Recycle and Trash: 2nd Saturday, 9 am to 3:30 pm

SKATING RINK: Fri, Sat., 7-10 pm
 REACH OUT: 3rd Tuesday, 9:30 am, City Hall
 LITTLE GATOR CLINIC: Please check online edition for date
 FOOD PANTRY: Wed., 12 n to 2 pm, Community Church
 EVERGLADES AL-ANON: Thurs., 12noon, City Hall
 VETERANS SUPPORT: 1st & 3rd Thurs., 10 am, Com. Church
 SMALLWOOD STORE: Daily, 11 am to 5 pm
 PANCAKE FLY-IN: 3/18, 4/22, 10 am

SHERIFF AT CITY HALL: 1st Tuesday (4:30 pm) Other Tuesdays (10-11 am)
 CHAMBER OF COMMERCE: Mon-Thurs (9 am to 2 pm); Fri-Sat (9 am to 3 pm)
 COLLIER COUNTY: 239-252-8999

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 Mon-Fri: 9:30 am to 1 pm and 2 to 4:30 pm; Sat: outside pick-up 3:30 pm
 Mon-Fri: 8 to 10 am; 12 noon to 4 pm; Sat: Open for service 10 to 11:30 am

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What's Happening

In and Around Town

ANTIQUA AUTO SHOW

Sunday, January 29th

Collier-Seminole State Park from 11AM-3PM. There will be several antique autos, live music, food, and various artisans for the entire family to enjoy. Admission to event is free with regular park entrance fee. Come hike one of our trails, or rent a canoe for just \$5 per hour! Guided canoe trips are also available via reservation. Please contact the park for further information.

GUIDED CANOE TRIPS

Now through March 27th

Collier-Seminole State Park - Day trips every Thursday – Monday from 9:30AM-12:30PM, \$25. Moonlight Trips (\$35 per person) are offered January 10th/11th, 2017, February 8th and 9th, 2017, and March 10th and 11th from 8:30PM – 10:30PM. Space is limited, so call for reservations, (239) 394-3397.

STAR GAZING PARTIES

January, February & March Dates

Collier-Seminole State Park – January 21st, 2017 at 7:00PM, February 18th, 2017 at 7:30PM, and March 18th, 2017 at 8:30PM. Bring your chairs and enjoy a relaxing night under the stars at Collier-Seminole State Park. You will be viewing the night skies with The Everglades Astronomical Society. There will be an interpretive presentation followed by constellation tours, using telescopes to view stars, galaxies, planets, and nebulae. Come watch the night sky open up and amaze you. The Star Gazing Party can only be held if the weather is permitting. This event is free with regular park entrance fee.

PHOTOGRAPHIC EXHIBIT

BY LOCAL ARTIST, SANDEE HARRADEN
Now Through March 25th



"Journey Across the Greater Everglades"

Local wildlife photographer and digital artist, Sandee

Harraden, has new solo photographic exhibit at the Big Cypress Swamp Welcome Center and Oasis Visitors Center in Ochopee. For more information please contact Sandee at 239-250-4662 or SJHarraden@aol.com.

EVERGLADES SEAFOOD FESTIVAL

February 10 – 12, 2017



Save the date! The annual Seafood Festival is right around the corner! You will not want to miss out on the great foods, arts & crafts and entertainment...and Kettle Corn!

There is still time to get a booth or sponsor the event! For more information: www.evergladesseafoodfestival.org or phone (239) 695-2277.

PICAYUNE STRAND 2017 FESTIVAL IN THE WOODS

Saturday, February 18

10:00 am to 3:00 pm

Hiking, biking & more. Call Melinda for more information (863) 612-0776.

13TH ANNUAL MARJORY STONEMAN DOUGLAS FESTIVAL

February 21-25th

A full schedule of activities is scheduled to honor the Grand Dame of the Everglades. All events begin at the Museum of the Everglades, 105 W. Broadway, Everglades City. For more information, please call (239) 695-0008 (see p. 10 for details).

Community services



DOCTOR'S CLINIC

Dr. Kirk DeMartino is currently seeing patients in Everglades City on Fridays from 2 to 5 pm. You may also call his Marco Island office to schedule an appointment at: (239) 642-5552.

SPORTS & FAMILY MEDICAL CARE

Dr. John Martin is not taking new patients at this time. Please call Dr. DeMartino for adult needs, or Dr. Barnard for pediatrics. For x-rays or specific chiropractic care call Dr. Herb Golden in Naples @ 239-263-3600.

THRIFT SHOP

Open 3 Days a Week

Open Tuesday, Thursday and Saturday from 11 am to 3 pm, located behind the fire station. *Please do not leave items on the porch. Please bring them in during operating hours. All donations are appreciated!*



Farewell to 2016 by Fire Chief Kingman Schuldt

With 2016 in our rearview mirror, I would

like to take the opportunity to thank our community for all the support over the last year. There were so many accomplishments in 2016; in February the District held its first annual awards ceremony to recognize the accomplishments of so many members; on November 1, Greater Naples Fire District assumed management of the Ochopee Fire Control District, welcoming 22 new members to the family and responsibility to provide emergency response coverage to Everglades City and Port of the Islands communities; and on November 4, 2016 the District celebrated its second year of service to the Greater Naples community. Several new fire apparatuses, technology platforms and organizational modifications made 2016 a great success for the Fire District. Most importantly, the successes of the organization wouldn't have been possible or realized without the professionalism, integrity and compassion of the 211 members who remain committed to the community and citizens served.

On behalf of the Board of Fire Commissioners, firefighters and civilian support staff; we thank you for allowing us to serve you during 2016 and look forward to the many opportunities ahead that will strengthen our relationship with the communities we so proudly serve

Area incident reporting is not published by Naples Fire Rescue. Instead, Chief Schuldt will provide timely updates, tips and news.

Become a Rapper Contributor!



Send us your photos, news, articles or recipes by Saturday the week before publication date. Contact us by email: mulletrapper@gmail.com or call or text us: 954-662-7003.

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SCHOOL NEWS

Everglades City School
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IMPORTANT SCHOOL DATES

Jan. 16:	No school
Feb 20:	No school
Mar 13-17, 20:	No School



***A Message from Principal Ragusa
Gators Ready for 2017!***

We hope you all had a wonderful holiday season and a Happy New Year. Last week we welcomed our students back for the second half of the school year. Students and staff were right back at work beginning the new semester in a quick fashion.

On Friday, January 13th our annual Homecoming Game will be played in our gym. The festivities will be held between the two games scheduled that evening. We would like to invite everyone to this special night for our students and families. Following the game, a dance will be held for all high school students in the cafeteria. If you need more information about the evening, please call the school at 377-9800. Another great resource for checking on the sporting events at the school can be found at www.evgathletics.com.

For seven high school students, the return last week included taking college courses at Florida Southwestern College. The students will attend FSW on Tuesdays and Thursdays through April. It was a great sight to see the excitement in the eyes of these students after their first day on FSW's campus. A special thanks to our guidance counselor, Debbie Devlin, for her exceptional work in making this a reality for our students.

Our baseball field is coming along and looks amazing. A great deal of sand was brought in so the field will drain properly after the new turf is installed. Our new weight room is also being completed with new equipment being installed in a much larger room that meets the needs of our students.

We will keep you all updated on these projects and with more news about our amazing students. It Is Always a Great Day to Be a Gator!

~Jim Ragusa
Principal

***Small Town Taylor
by Taylor Mayberry***



So, it's the end of our vacation and I'm sitting in the airport waiting on our plane to fly back home. We went to New Hampshire to see snow and had so much fun! We got to go sledding, skiing, tubing, snowmobiling, got to build a snowman, and had a snow ball fight.

My favorite thing we did was go skiing! It is so easy to learn. Well, I should speak for myself. My dad and sister had a hard time. But my mom and I were naturals. But I was the best! Then we went sledding and tubing

which was also very fun - and funny. It was fun because it went really fast but it was funny because when we went too fast we would go over a tiny snow hill and hurt our butt when we hit the ground.

Another funny thing that happened was when my dad and I rode on the tube together we popped it. The other things we did were also all fun. Like we went snowmobiling, had a snowball fight, and we built a snowman. One really cool place we went to was called Ice Castles. It was castles made of completely ice! There was also an ice slide that you slid on into the snow. The ice castles were probably the best thing I did on this trip.

As you can see, this family trip was fun, funny, and full. I recommend for anyone who wants to have a lot of fun playing in the snow, to go to New Hampshire for a spectacular, fun and cold family vacation.

With lots of love,

Taylor

Taylor Mayberry is 10 years old and in the 5th grade attending Everglades City School.



Visit: <http://www.evgathletics.com/main/calendar>
for a calendar of E-City school athletic events



***Living Gulf Coast
by Charles Sobczak***

Garden Slug

(Family Arionidae)

Other names: slug, small striped slug, black field slug / Status: FL=thriving, IUCN=NE / Life span: to 1 year / Length: 1-1.5 in. (2.5-3 cm) / Weight: n/a / Spawns: in dense, moist undergrowth throughout the islands / Found: Throughout SW Florida and considered common.

The evolution of the garden slug from its marine environment, to the development of a pallial lung, and its ability to breathe air, began 360 million years ago. Over time this terrestrial gastropod, related to the sea hare and other nudibranchs, has forsaken its shell and taken up permanent residence on land.



With several species in our area, this gastropod is easy to find. Look for it after heavy summer rains crossing your deck or crawling along roads around the island. Its specially adapted rasp-like mouth can do considerable damage to domestic plants and gardens. Certain species of these slugs, such as the spotted garden slug of New England, can grow to seven inches in length. The banana slug of the West Coast of the U.S. can grow up to 10 inches long, surpassed only by the *Limax cinereoniger*, or keelback slug of Europe, which grows to an amazing length of 12 inches.

Slugs are eaten by turtles, freshwater fish, birds, and small mammals such as mice and rats.

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SOLUTION TO 12/31/16 PUZZLE

1	T		2	B	3	A	4	B	Y		5	B	U	M	6	P
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26	Y	O	L	K						27	O	R	E	S		L

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The Way It Was in Pictures

Enjoy these photos from the Florida State archives. These are on **Chokoloskee Island** in the early 1900's!



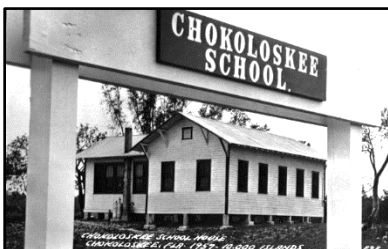
Chokoloskee School House, 1916



Mamie & Ted Smallwood, date unknown



Hamilton Stone Crabs, 1962



Chokoloskee School, 1957

Recipes for Good Eating

by Kathy Brock

Salisbury Steak & Gravy

- 1 pound lean ground beef
- 1 package brown gravy mix
- ½ onion chopped fine
- 1 stalk celery chopped fine
- 1 small can mushrooms chopped fine
- 1 egg, scrambled

For gravy:

- 1 package onion soup mix, add water according to label
- 1 can stewed tomatoes
- 2 tbsp. flour for thickening



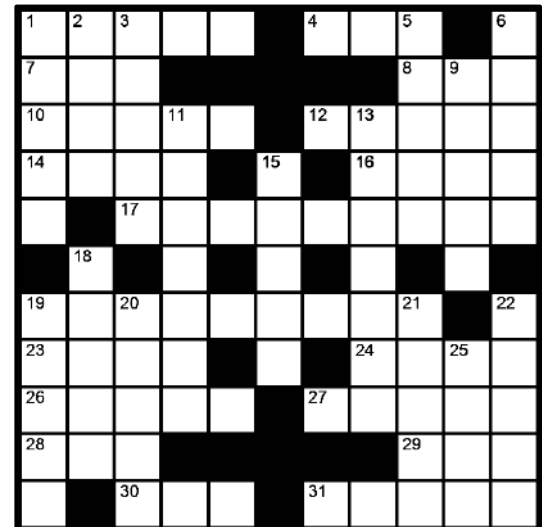
Mix all ingredients for meat and form into 4 or 5 oval patties. Leave them about ¾ inches thick. Brown them on both sides in a large skillet or electric fry pan. When browned, mix gravy ingredients and pour over patties. Cook on low heat until cooked through. Add flour to thicken gravy. Serve with a vegetable and rice or mashed potatoes.

Rapper Crossword

(Solution in next issue or visit www.mulletrapper.com/xword)

Across

- 1. Show embarrassment
- 4. Word of agreement
- 7. Sever
- 8. Copy
- 10. Contribution
- 12. You may do it for abs
- 14. Viewed
- 16. Baseball team
- 17. Home
- 19. Memorials
- 23. Largest continent
- 24. Data
- 26. Doesn't keep secret
- 27. Earthquake may occur by it
- 28. Look at
- 29. Enemy
- 30. Central body of the solar system
- 31. It may be vanilla



1/14/17

Down

- 1. Ignorance is not this
- 2. Solitary
- 3. Part of a shoe that's often leather
- 5. Smooth fabric
- 6. Type of tent
- 9. Boxers throw them
- 11. Not the same

(Down Continued)

- 13. Inactivity
- 15. Seizes with teeth
- 18. Amble
- 19. Ships' officers
- 20. African rivers
- 21. Finely powdered tobacco
- 22. One who casts a ballot
- 25. Floating ice

Our Amazing Bodies The Digestive System

By Dr. John Martin

The digestion cycle includes five major functional divisions to maintain healthy living. The first is *digestion*. The second is *absorption* which occurs along the GI tract. Nutrients (and toxins) move from the GI tract into the bloodstream and go straight to the liver. The liver is believed to perform at least 2000 beneficial functions with some 6000 chemicals. Some special chemicals like proteins, medicines, and alcohol are further metabolized, broken down, tagged, or otherwise neutralized. This is referred to as "Portal" circulation or the "gateway" back into the circulatory system and on to the other ten systems.

Once the blood delivers its contents to the various body parts *assimilation* occurs. The various cell types have to be ready and willing to take in what nutrients they need. Within the various cell types a specific metabolism takes place, producing its own number of toxins and metabolic wastes, and then the blood and lymphatic circulation pick up this waste material for filtering again through the liver and then the kidneys. These potentially very toxic waste products from metabolic processes must be eliminated from the body. This filtering is accomplished mainly through the liver and kidneys. Finally, most of these toxic materials are removed by *elimination* through the GI tract and Urinary tract.

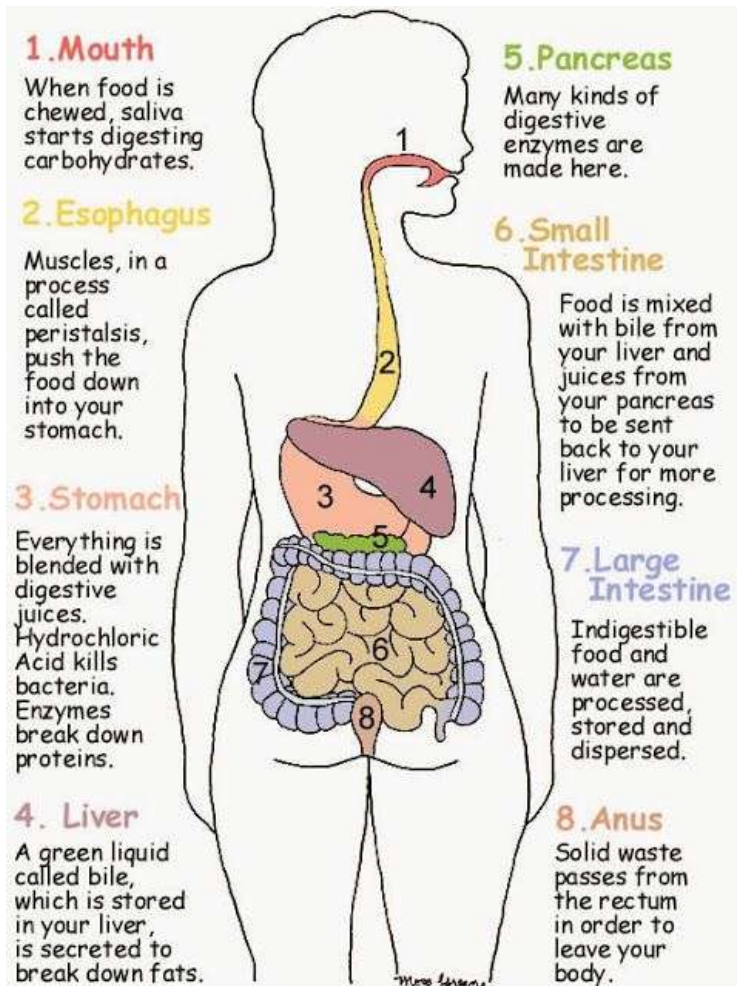
Newborn human baby's diets need to meet specific nutritional requirements for fast growth and early development. For the first six months, a baby's nutritional needs are designed to be met by consumption of mother's milk. Colostrum in mother's first milk delivers to the baby's digestive system several ingredients that serve early nutritional needs and the development of the Immune system.

Feeding babies "foreign protein" (almost anything else besides mother's milk) is a common cause of food allergies. The consumption of copious amounts of sugars (not fats) as in the S.A.D. (Standard American Diet) has been proven to be the main culprit in many childhood neurological maladies, and obesity, heart disease, diabetes, and dementia that affects the middle-aged and elderly.

As emphasized in earlier articles, the functions discussed above are coordinated by the *nervous system*. A mix of voluntary, and involuntary/sympathetic and parasympathetic nerves tell the digestive tract and accessory glands and organs what to do and when to do it. The brain and its proper development and enduring function is intimately tied to proper digestive tract functioning.

Fact is that one's microbiome (a.k.a. intestinal biota or gut flora) contains hundreds of millions, even trillions of bacteria and fungi. While there are trillions of cells in the human body, there are many times more of these microscopic organisms on you and in you than the number of cells of which you are constructed. Most of these naturally occurring microbes are beneficial if they are in the right proportion and remain in the proper location.

When there is a measurable imbalance in the normal microbiome (good bacteria that lives in your GI tract) the technical term is *intestinal dysbiosis*. Getting and remaining healthy includes developing and maintaining this healthy balance. Some literature reports that perhaps 61% of the North American population has too much yeast (fungus) in their digestive tract contributing to headaches, depression, chronic fatigue, digestive upsets, inflammation, and therefore, almost all degenerative type diseases.



Many diseases induced by the Standard American Diet could be greatly improved upon, if not cured, by changing one's diet for the better.

A Naples world-renowned neurologist, and New York Times Best Seller author, Dr. David Perlmutter now travels the globe teaching and preaching the healthy function of the brain and how brain health depends on proper intestinal gut flora balance. To paraphrase Dr. Perlmutter: "We knew that our nutritional choices had relevance to brain health, the idea of carbohydrates, specifically simple sugars and disaccharides, being toxic to the brain. We've known about that for a long time. ... But now we have a paradigm that we're able to leverage when we look at the role of the microbiome, the trillions of organisms within the gut that influence every manner of metabolism that has profound sway over things brain related...a whole new approach to not only treating these devastating neurological conditions, but keeping the brain healthy in the first place."

People have talked about the heart smart diet and other approaches of staying healthy. The brain has been essentially left off the table - until recently. As we realize the intense effects of changes in the gut bacteria in terms of overall human physiology and how these changes reflect back to the brain and compromise brain health, it has opened up an opportunity for intervention and preventative measures from the alternative medical community like never envisioned by the traditional medical community.

Next time, the *Circulatory System*



My Little Slice of Paradise

by Kathy Brock

Most people who have spent anytime outside in South Florida have encountered fire ants. In Florida, there are two species of fire ants; the tropical native fire ant *Solenopsis germinate*, and the notorious red imported fire ant (RIFA), *Solenopsis invicta*. The one we see 99% of the time in the Everglades area is the red imported fire ant (RIFA) and that is ant I am writing about in this article.



In the U.S., the RIFA was first introduced from Brazil into either Mobile, Alabama, or Pensacola, Florida, between 1933 and 1945. However, the RIFA currently infests Puerto Rico, and all or parts of many southern and western states from Maryland to southern California (Mobley and Redding 2005). It is believed that the ant arrived here in the ballasts of ships.

There are multiple sizes of the red imported fire ants, and each serves a specific purpose; **Minor** workers that tend to the mound, **media** workers that tend to the larva and **major** workers that forage for food and bring it back to the nest. The lifespan of RIFA workers depends on their size. Minor workers may live 30 to 60 days, media workers 60 to 90 days, major workers 90 to 180 days, and queens may live two to six years. The complete lifecycle from egg to adult takes between 22 and 38 days. The three types of workers are all sterile females. The queen is the lone producer of eggs and can produce as many as 1,500 eggs per day in a mature nest. Mature RIFA colonies may contain as many as 240,000 workers with a typical colony consisting of 80,000 workers.

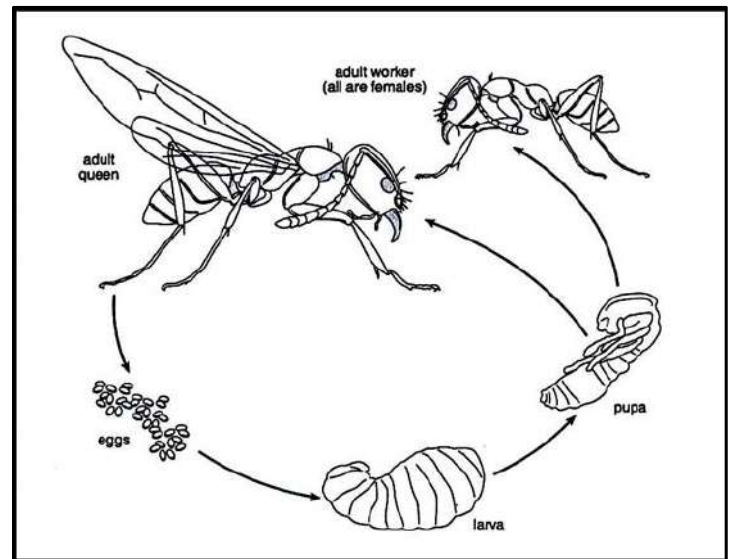
For the first year, only worker ants are produced. After a colony reaches one year of age, reproductive "alates" are produced. An alate is a winged ant or insect. Six to eight mating flights consisting of up to 4,500 alates each (from a colony) occur between the spring and fall usually during a warm sunny and humid day following a rain. The male alates meet up with the female alates in flight, and soon after mating all of the males will die. Once the female alate has mated, she will rake her legs forward to snap her wings off and start looking for a suitable spot to begin a new colony. The now-wingless, female "queens" will often be seen clustered together under shelter before they set out to establish a new colony. However, once the colony is established, all but one queen will be killed. She will never leave the colony again.

After a month or two, the first developing ants (that the queen feeds from energy from her digested wing muscles and cannibalized eggs) in a new colony emerge as tiny worker ants called minims. These first worker ants take over the job of caring for the queen and developing larval ants. A fire ant queen can lay eggs that are fertilized or unfertilized with sperm that she has stored in her body since mating: Unfertilized eggs develop into winged male fire ants. Fertilized eggs develop into sterile female worker ants or into fertile winged females.

The new colony spot chosen is often under rocks, leaves or in a small crack or crevice, such as at the edge of a sidewalk, driveway, or street. Invariably at my house, they try to set up shop right next to our concrete slab! When the queen finds a spot that suits her, she will burrow into the soil to build her chamber.

What makes the ants so difficult to eradicate is that their nests are mostly underground. What we see on top, "the mound" is only the exit point for bringing in food (for their queen and larva) and bringing out deceased workers. From everything I have read about them, when we apply the fire ant granules, they often do not make

it to the queen. Some types are "baits" and they are supposed to be fed to her so she is also eradicated, but I know from my own experiences, when we use the granules, the mound just seems to pop up elsewhere because the ants beneath the turf are still living.



So, we now know that they are quite prolific, but they can also be dangerous. Some people are very allergic to the sting...and they both bite (to latch on to you) and sting (with a stinger below the abdomen). We typically only feel the sting as it is laced with formic acid and their own, very special, ant venom. A few bites are an inconvenience, but if one is completely swarmed by the ants, it can be deadly (in rare cases). The rule of thumb is to look before you step or be very alert before you place a baby in a carrier on the ground or confine a pet to an area. The only way to avoid a swarm is to leave...so if a child or pet cannot leave the area bad things will happen.

So, that is the "bad news" about fire ants...but there is some good news (Ok, it is mostly bad, but I like to see the silver lining in things too). It is believed that fire ants may help keep the python population at bay - to a degree. When the female python lays her eggs, she will curl up and protect them before they hatch. Fire ants have been observed coming up from underneath a "brooding" python and killing the adult female and consuming her and all of her eggs. Being that pythons have few predators, this is a good thing. However, it also means that other ground dwellers can suffer the same fate, so thumbs down for fire ants as a whole - but at least we can identify some redeeming value for them in our ecosystem.

Native ants are a very good thing in the environment. They play an important role in the food chain. They are food for many animals and other insects and they act as decomposers by feeding on organic waste, insects or other dead animals. They help keep the environment clean. They also fuel an entire industry for pest control companies and insecticide manufacturers...so they even create jobs!

In all seriousness, ants are a nuisance but they are a vital part of the ecosystem. Non-native species of any kind can interfere with the native ecosystem and create havoc. Non-native insects are known to arrive here when transporting goods from overseas. Numerous precautions have been taken to help prevent this, but in some cases like the Red Invasive Fire Ant, it is a bit too late so we must now work to control them. For information about effective treatments visit: www.extension.org and search for "how to kill fire ants."

LOCAL NEWS

Marjory Stoneman Douglas Festival, Feb 21-25



Marjory Stoneman Douglas (1890-1998) was an author, a journalist and environmental activist. Her best-known work *Everglades: River of Grass* was published in 1947. It drew attention to the fact that water is the key to the Everglades and introduced the concept that the Everglades was not simply a swamp to be drained for homes and businesses, but a vital part of the ecosystem of South Florida.

In the 1960s at the age of 78, Marjory became actively involved in environmental issues when she opposed a planned jetport along the Tamiami Trail. She established Friends of the Everglades and began speaking on their behalf to public and private entities across the state. In doing so, she was able to focus attention on the importance of protecting the Everglades as a vital national treasure.

Although Marjory Stoneman Douglas died in 1998 at 108 years of age, her power of observation and skillful use of the written word lives on. Her legacy serves as a challenge to succeeding generations, not only to persevere in the fight to save the Everglades, but to discover for themselves the incredible beauty of the natural wonder we now call the "River of Grass."

All activities begin at the Museum of the Everglades 105 W. Broadway, Everglades City (except Tuesday's luncheon). For the complete event schedule visit: <http://www.colliermuseums.com/events>. Please note that reservations are required for many activities. For more information, please call (239) 695-0008.

Night Sky Viewing Dates Schedule

Available program dates are **January 21, February 10 and March 25th**. Night sky viewing programs start at 7:00 p.m. More information can be found online by visiting:

<https://www.nps.gov/bicy/planyourvisit/astronomy-programs.htm>.

Programs will be conducted at the southern end of Sea Grape Drive, where the Welcome Center is located (east of SR 29, between MM 73 and 74 on US41).

STAR TREKKER REPORT

Reported by Chris Herlovich

January 19 - Mercury at Greatest Western Elongation. The planet Mercury reaches greatest western elongation of 24.1 degrees from the Sun. This is the best time to view Mercury since it will be at its highest point above the horizon in the morning sky. Look for the planet low in the eastern sky just before sunrise.

January 28 - New Moon. The Moon will be located on the same side of the Earth as the Sun and will not be visible in the night sky. This is the best time of the month to observe faint objects such as star clusters because there is no moonlight to interfere.

Cold Front Brings Wind, Rain & Damage



Photo by: Tim Brock

On Saturday 7th a cold front blew into our area bringing some much-needed rain. We have had very little rain since October so that was a welcome relief.

Unfortunately, the wind also blew pretty hard and it took down one of the tall cabbage palms along the river. Fortunately, it did not hit the house but it came very close. This particular palm had died so the base simply snapped.

This is a good reminder to take down palms that have been hit by lightning or died for another reason. They have the potential to blow over and hit the house...or worse yet a person. We are thankful this did not happen in this instance!

MUSEUM NEWS

"Reflections of Florida" Photographic Exhibit on Display

"Reflections of Florida" by John Brady will be showing in the Pauline Reeves Gallery of the museum during January and February with an Artist Reception hosted by the Friends of the Museum of the Everglades on Saturday, January 14th from 1pm to 3pm.



John Brady is an award-winning photographer, as well as real estate agent, in southwest Florida. Originally from New York, Brady has chosen Florida landscape as his primary body of work in his career as a landscape photographer. He has exhibited his work throughout the country, winning numerous awards each year. Through photographing the wet jungles, creeks and prairies of Florida's remote wilderness, it is his goal that others will see the beauty and become passionate about the need to protect of the region for the experience and enjoyment of future generations.

For more information about this or any other exhibit, please contact [239-695-0008](tel:239-695-0008). The Museum of the Everglades is located at 105 West Broadway, Everglades City, Florida 341

Book Club Meeting Update



January 19th meeting will be held at 9:30 am, hosted by Mary Ford - 18 Egret Lane, Plantation
Book discussion will be "Immokalee's Fields of Hope" by Carlene Thissen

Feb. 16 - "All the Light You Cannot See" by

Anthony Doerr

Mar. 16 - "Leap of Faith" by Queen Noor of Jordan

Apr. 6 - "One Thousand White Women" by Jim Fergus

Everyone is welcome!

For more information, contact:

Diann Lock: dlock333@yahoo.com

RESTAURANTS

Angler's Cove, Port of the Islands (642-1025): Tuesday thru Sunday, Noon - 9 pm; *closed Monday*

Camellia Street Grille (695-2003): 12 noon – 9:00 pm; daily

City Seafood (695-4700): 6:00 am – 6:00 pm; daily
Supper Upstairs 6–9 pm; Thursday-Sunday

Glades Haven Deli (695-2091): 6:00 am – 9:00 pm; Daily

Havana Café (695-2214): 7:00 am to 3:00 pm; Sun thru Wed
7:00 am to 8:00 pm; Thurs-Fri-Sat

Island Café (695-0003): 6:00 am – 9:00 pm; daily

Ivey House (695-3299): 6:30 – 9:30 am; daily

Joanie's Blue Crab Café (695-2682): 11:00 am – 5:00 pm; Fri thru Tues
closed Wed and Thurs

Oyster House Restaurant (695-2073): 11:00 am – 9 pm; Sun thru Thurs
11:00 am – 10:00 pm; Fri, Sat

Rod & Gun (695-2101): 11:30 am - 8:00 pm; daily

Subway at Gator Express (695-3937): 7:00 am – 7:00 pm; daily

Sweet Mayberry's Café (695-0092): 9 am–5 pm; Tues thru Sat

Tastes of the Everglades (695-0075) 11 am – 8 pm; daily

Triad Seafood & Café (695-2662): Monday-Thurs, Sunday 10:30-6
Friday & Saturday 10:30 - 7

Right Choice Supermarket (695-4535): 9:00 am – 7:00 pm; daily



Grimm's Stone Crab (239-695-3222): 8:00 am – 6:00 pm, Mon thru Sat

Loco's Fresh Produce: (239-462-7050) Friday & Sat. by EC Post Office

SUNDAY CHURCH SERVICES



Chokoloskee Church of God

Sunday: 10 am School, 11 am Worship

Copeland Baptist Church

Sunday: 10 am School, 11 am Worship

Everglades Community Church

11 am Sunday Worship, Sun. School 9:45 am

1st Baptist Church of Everglades City

9:45 am Sunday School, 11 am Worship

6 pm Sunday, 6 pm Wed. Bible Study

Holy Family Catholic Church

10:30 a.m. Sunday Mass

St. Finbarr Catholic Church, Naples

8 am (Spanish) and 10 am (English) Mass

San Marco Catholic Church, Marco Isl.

8 am and 10:30 am Mass

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Visit our website
www.MulletRapper.com

EVERGLADES CITY
Lat: 25.87°N Long: 81.37°W
See www.weather.gov for weather
and www.nhc.noaa.gov for storms

TIDES FOR BARRON RIVER

1/14	Sat	2:54 AM	3	H
1/14	Sat	11:00 AM	-0.5	L
1/14	Sat	4:31 PM	2.3	H
1/14	Sat	11:07 PM	0.4	L
1/15	Sun	3:42 AM	2.8	H
1/15	Sun	11:43 AM	-0.4	L
1/15	Sun	5:11 PM	2.3	H
1/15	Sun	11:55 PM	0.4	L
1/16	Mon	4:35 AM	2.6	H
1/16	Mon	12:25 PM	-0.2	L
1/16	Mon	5:52 PM	2.3	H
1/17	Tue	12:47 AM	0.4	L
1/17	Tue	5:33 AM	2.3	H
1/17	Tue	1:08 PM	0.1	L
1/17	Tue	6:34 PM	2.3	H
1/18	Wed	1:46 AM	0.4	L
1/18	Wed	6:37 AM	2	H
1/18	Wed	1:55 PM	0.3	L
1/18	Wed	7:19 PM	2.3	H
1/19	Thu	2:54 AM	0.4	L
1/19	Thu	7:46 AM	-1.8	H
1/19	Thu	2:49 PM	0.5	L
1/19	Thu	8:07 PM	2.3	H
1/20	Fri	4:04 AM	0.3	L
1/20	Fri	9:04 AM	1.6	H
1/20	Fri	3:53 PM	0.6	L
1/20	Fri	8:59 PM	2.3	H
1/21	Sat	5:08 AM	0.2	L
1/21	Sat	10:33 AM	1.6	H
1/21	Sat	4:57 PM	0.7	L
1/21	Sat	9:55 PM	2.3	H
1/22	Sun	6:03 AM	0.1	L
1/22	Sun	12:00 PM	1.7	H
1/22	Sun	5:56 PM	0.7	L
1/22	Sun	10:50 PM	2.4	H
1/23	Mon	6:52 AM	-0.1	L
1/23	Mon	12:50 PM	1.8	H
1/23	Mon	6:47 PM	0.8	L
1/23	Mon	11:38 PM	2.5	H
1/24	Tue	7:36 AM	-0.2	L
1/24	Tue	1:23 PM	1.9	H
1/24	Tue	7:32 PM	0.7	L
1/25	Wed	12:20 AM	2.6	H
1/25	Wed	8:16 AM	-0.3	L
1/25	Wed	1:55 PM	2	H
1/25	Wed	8:13 PM	0.7	L
1/26	Thu	12:58 AM	2.7	H
1/26	Thu	8:54 AM	-0.4	L
1/26	Thu	2:27 PM	2.1	H
1/26	Thu	8:51 PM	0.6	L
1/27	Fri	1:32 AM	2.8	H
1/27	Fri	9:31 AM	-0.4	L
1/27	Fri	3:00 PM	2.2	H
1/27	Fri	9:28 PM	0.5	L
1/28	Sat	2:04 AM	2.8	H
1/28	Sat	10:07 AM	-0.4	L

Steps to Getting Back on Track After Gaining Weight During the Holiday Season



The holidays are notorious for gaining more than new gifts...it is a time of year when most of us gain some unwanted weight.

Don't panic says WebMD, perspective and patience are keys to getting back on track. First some facts:

You need to eat 3,500 calories to gain one pound of body fat. One unplanned treat -- a slice of cake, some fries, or even a rich meal -- probably won't make a major difference on the scale.

The key to getting back on track is taking a "time out" and then returning back to your normal eating habits.

The average female needs about 1500 calories per day, and the average man 2000. "Most people overeat somewhere between 500 and 1,500 calories every single day," says cardiologist Allen Dollar, MD, assistant professor of medicine at Emory University in Atlanta. That is why there is such a weight problem in the U.S.

Don't try to make up for the extra calories by skipping meals the next day. That just leaves you hungry and more likely to overindulge.

Skip the scale too. It can be too deflating! After a feast, you may weigh more. That's not because you gained body fat, but because of water retention from extra salt that was in the food you ate.

So, don't weigh yourself. Instead, wait to weigh in and do it on Fridays, when you are more likely to weigh the least. That is because we all tend to overeat on the weekends!

Stick to your normal exercise routine. Exercise is a good idea. But don't do a mega-workout to try to burn off all the calories you just ate. When you do that, you could hurt yourself or cause muscle or joint soreness causing you to stop. Instead, do your normal routine.

Track what you eat. Set a goal for your daily calories, and write down what you eat. Keeping a journal helps you stay aware of what you're eating and when you see it on paper you will see why you either are or are not achieving your goal weight.

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RV HOOKUPS, Everglades City. Two Sites, 30 and 50 amps. Service, water, no sewage. Rent nightly or weekly. Rough boat ramp, 100 ft. dock. Private & secure. Contact Capt. Wayne of Fish Hunt Charters at 239-695-2445.

WANTED TO RENT, Boat slip for 20' Carolina Skiff. Please call Steve at 910-599-2698.

FOR RENT: Cozy furnished 2/1 house. Seasonal at \$900/week or \$3,200/month. Call (508) 677-5136.

WANTED TO RENT: Secure, covered storage for 32' Travel Trailer needed November 2016 – May 2017. Need access for travel use & maintenance. Please call Joe or Mary at: 815.404.9286

MUST SELL Waterfront RV lot at the ORA Resort on Chokoloskee Island. Full hook-up, lot in a well maintained, secure park. No reasonable offer refused. Trades will be considered as well. Please call Terry (239) 774-6234.

BOAT FOR SALE: 2007 15.2 Key West center console boat with 50 HP Yamaha motor & trailer. Very low hours, and clean. Includes GPS, fish finder and jack plate, asking \$8500. Call or text Gary at 609-602-2245.

PET PICS

Debbie & Bob Bergen's French Bulldog, "Nina" enjoys a golf cart ride!



RAPPER CLASSIFIEDS

FOR LEASE: Deep water commercial dock and lot on Barron River. Premium sought-after location at 909 DuPont St. in Everglades City. Perfect for lucrative airboat business, eco-tour business, commercial fishing or even a restaurant with chickee bar and tourist gift shop attraction, \$1500 / month. Contact: Rancho T Properties LLC, (727) 480-1640.

HOME FOR SALE: Beautifully restored, original Collier home. Cottage style, 2 bdrm, 1.5 bath, garage, large fenced yard, river view, huge screened porch, beautiful kitchen cabinets and fixtures, oak floors, tin roof, deeded dock, partially furnished. Ready for you to move in today and start fishing. Call or text for appt: (954) 662-7003.

FOR SALE or RENT: Cabins #7 & #8 at Glades Haven. Call (239) 695-9142 or email at fishnw.mykee55@live.com, or www.GladesRealty.com.

The MULLET RAPPER

What's Happening in the Everglades City Area

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The views expressed in signed articles are not necessarily those of the editors or publisher.

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"The Everglades is a test. If we pass it, we may get to keep the planet." ~ Marjory Stoneman Douglas