



# The MULLET RAPPER

## What's Happening in the Everglades City Area



**TIDE TABLE  
RESTAURANTS**

**FEB. 11 – FEB. 24, 2017**

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P O Box 134, Everglades City, FL, 34139

Volume X • Issue #282

### Annual Seafood Festival Music Headliners

On Friday February 10th, the Annual Seafood Festival kicked off and area residents and visitors took full advantage of the foods and carnival rides for the kids.

Saturday and Sunday's activities will feature a full lineup of Country Music Stars, booths and local food favorites. **Check out the full schedule of events on page 3 so you don't miss a single thing!**



Little Texas plays Saturday at 8:30 pm



Kentucky Head Hunters play Sunday at 4:00 to close out the 2017 festival

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### 2017 Marjory Stoneman Douglas Festival February 21<sup>st</sup> - 25<sup>th</sup>

In 1968 at the age of 78, Marjory Stoneman Douglas 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 this national treasure.



Although Marjory passed away in 1998 at the age of 108, her passion for the Everglades left a lasting impression for generations to come.

Join us in celebrating the amazing life of Marjory in the annual event titled in her name. Most events start at the Museum of the Everglades in Everglades City.

#### Opening Ceremony TUESDAY, FEBRUARY 21<sup>st</sup>

Opening Luncheon at Everglades Isle (Cost: \$25; FME Members \$20)  
10:45a-3p Welcome- Buffet Luncheon  
"Marjory Stoneman Douglas, The Voice of the Everglades" Connie Washburn, President Friends of the Everglades. Come share with Connie her memories of Marjory Stoneman Douglas.

**Museum of the Everglades  
105 West Broadway  
Everglades City, FL**

**For Reservations Call:  
(239) 695-0008**

[www.evergladesmuseum.org](http://www.evergladesmuseum.org)

### Nashville Recording Artist Returning To E-City February 25<sup>th</sup>

Creative Soul recording artist, George Tiftt will be returning to Everglades City for a special concert on Saturday, February 25<sup>th</sup>. Tiftt, who signed with Creative Soul Records (Nashville) in 2014, will be performing at the Everglades City Community Church at 7:00 pm.

Embarking on what has been dubbed the "Do Good Tour" in June of 2015, George and his wife Cindy have been touring the United States continuously since that time. They have traveled over 24,000 miles and will have performed over two hundred concerts before their arrival in Everglades City.



George and Cindy, pictured above, were last in Everglades City in February 2015 and consider themselves "blessed" to be returning. "My Mom and Dad loved Everglades City and Chokoloskee, and through their time here I too fell in love with the region".



















George's parents were Jack and Fran Tiftt who were the owners of JT's Store on Chokoloskee for many years. His mother, Fran, was a local "fixture" in community service until her passing in 2012.

Tiftt had been touring New England for fifteen years with a regional gospel group called "The Tifton Carver Worship Band" before signing with Creative Soul Records as a solo artist. In 2014 he joined with Nashville producer Eric Copeland, recorded and released "Only One...", his first solo project.

Have news, photos, announcements, or articles? Email [mulletrapper@gmail.com](mailto:mulletrapper@gmail.com) or call or text 954-662-7003.

# FEBRUARY 12- MARCH 18, 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>
12  Seafood Festival, see p. 3	13  Hour of Prayer Copeland Baptist Church, 7 pm	14 FME Board Meeting 3:30 pm City Hall  Happy Valentine's Day!!	15 Ladies Coffee Island Cafe, 8 am	16 Book Club, see p.10	17	18 Pancake Fly-In, see p. 3 Picayune Fest, see p. 3
19	20 Hour of Prayer Chokoloskee Church of God, 7 pm  President's Day	21 MSD Festival, see p. 1	22 Ladies Coffee, Sw. Mayberry's, 8 am MSD Festival, see p. 1	23  Lions Club Mtg., 6pm Oyster House  MSD Festival, see p. 1	24  MSD Festival, see p. 10 History Talk, p.3 Chicken Dinner, ECC 5 pm	<u>RAPPER 25</u>  MSD Festival, p. 10 Art-In-Glades, p. 3 ORA Bazaar, p.3 Port of Isl. Sale, p.3 Concert, ECC, p.1
26 <small>new moon</small> ☉ 	27  Hour of Prayer Holy Family Catholic Church, 7 pm	28 	March 1  Ladies Coffee City Seafood, 8 am	2	3 Author's Hour, see p. 10	4 Turkey Shoot, see p. 3
5 Turkey Shoot, see p. 3	6 Hour of Prayer Everglades Comm. Church, 7 pm	7 CCSO, City Hall, 4:30 pm	8 Ladies Coffee, Havana Cafe, 8 am	9  Lions Club Mtg., 6pm Oyster House	10  Movie Night, see p. 10	<u>RAPPER 11</u> 
12 <small>full moon</small> ● 	13  Hour of Prayer Copeland Baptist Church, 7 pm	14 	15  Ladies Coffee Island Cafe, 8 am	16 Book Club, see p. 10	17 St. Patrick's Day 	18 Pancake Fly-in, see p.3

March 25: Art-in-the-Glades

April 16: Easter Sunday

April 18: Income Tax Filing Day

April 14: Good Friday

April 22: Pancake Fly-in

THRIFT SHOP: Tues., Thurs., Sat., 11 am–3 pm  
 LIONS CLUB: 2<sup>nd</sup> 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  
 WOMEN'S FRIENDSHIP HR: Tues. 9:30-10:30 am, Copeland Baptist  
 MUSEUM: Mon – Sat., 9:00 am to 4:00 pm  
 CARNESTOWN Recycle and Trash: 2<sup>nd</sup> Saturday, 9 am to 3:30 pm

SKATING RINK: Fri, Sat., 7-10 pm  
 REACH OUT: 3<sup>rd</sup> 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: 1<sup>st</sup> & 3<sup>rd</sup> 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: 1<sup>st</sup> 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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Ochopee (239-695-2099)

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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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 CURBSIDE TRASH PICKUP (FRIDGES, WASHING MACHINES, TVs): 239-252-2380, CALL TUESDAY FOR THURSDAY PICKUP

# What's Happening

In and Around Town



## EVERGLADES SEAFOOD FESTIVAL \*\*2017 LINEUP\*\*

### Saturday, February 11

10:00 am OPENING CEREMONY  
National Anthem - Sloan Wheeler  
11:00 am Delbert Britton/Ronnie Goff & the Country Hustlers  
12:00 pm Them Hamilton Boys  
1:00 pm Gator Nate  
2:00 pm Garrett Speer  
3:15 pm A Thousand Horses  
5:30 pm Tim Charron  
7:00 pm Tim Elliott  
8:30 pm Little Texas

### Sunday, February 12

11:00 am OPENING CEREMONY  
National Anthem - Nadia Turner  
12:00 pm Tim McGeary  
1:15 pm Nadia Turner  
2:30 pm Tim Elliott  
4:00 pm Kentucky Head Hunters

### GUIDED CANOE TRIPS

Now through March 27<sup>th</sup>

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

### STAR GAZING PARTIES

February & March Dates

Collier-Seminole State Park February 18<sup>th</sup>, 2017 at 7:30 PM, and March 18<sup>th</sup>, 2017 at 8:30 PM. Bring your chairs and enjoy a relaxing night under the stars at Collier-Seminole State Park.

### PHOTOGRAPHIC EXHIBIT

Now Through March 25<sup>th</sup>

"Journey Across the Greater Everglades" by 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.

### PICAYUNE STRAND 2017 FESTIVAL IN THE WOODS

Saturday, February 18<sup>th</sup>

10:00 am to 3:00 pm

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



### PANCAKE FLY-IN

February 18<sup>th</sup>, March 18<sup>th</sup>

Start the day with a breakfast "fly-in" at Everglades Airpark from 10:00 a.m. to noon. Enjoy great pancakes and sausages provided by Wings 10,000 Islands Aero Tours – call 239-695-3296.

### 13<sup>TH</sup> ANNUAL MARJORY STONEMAN DOUGLAS FESTIVAL

February 21<sup>st</sup> - 25<sup>th</sup>

A full schedule of activities is scheduled to honor the Grand Dame of the Everglades. For more information, please call (239) 695-0008 (see p. 1 for details).

### HISTORICAL PRESENTATION!

February 24<sup>th</sup>, 5:30 PM

Enjoy the "Historic Snowbirds" presentation on Friday, February 24<sup>th</sup>, at 5:30 p.m. in the Island Café. Book your free spot @ [ESHP@hotmail.com](mailto:ESHP@hotmail.com) or by calling: 239-695-2905.

### ART-IN-THE-GLADES

Saturday, February 25<sup>th</sup>

10:00 a.m. to 2:00 p.m. at the Museum of the Everglades in conjunction with Marjory Stoneman Douglas Festival. There is no fee to host a booth for this event. For more information please call Marya at: 239-695-2905.



### ANNUAL PORT-OF-ISLANDS COMMUNITY GARAGE SALE

February 25<sup>th</sup>, 9am-2pm

The sale will be held on Saturday on both sides of the river and at Orchid Cove.

### ANNUAL O.R.A. BAZAAR

February 25<sup>th</sup>

The Annual ORA Bazaar will be held on Chokoloskee Island, on Saturday, Feb.25<sup>th</sup>. Gates open at 9:00 am. The bazaar will feature a HUGE White Elephant Sale, a "New 2 U Boutique" (featuring slightly used clothing, shoes, and jewelry). There will be local vendors and craft sales and food. Spaces are available @ \$10 each. For more information please call Sherri Parsons at 239-695-2281.

### TURKEY SHOOT

### LIONS CLUB FUNDRAISER

Saturday & Sunday, March 4<sup>th</sup> & 5<sup>th</sup>



Please join us for the next Turkey Shoot which will be held March 4-5 at Altair Gun Club on SR 29. This fundraiser supports the Everglades Lions "Pass It On" program created to help with addiction treatment and prevention. The Everglades Lions Club also helps with sight, diabetes, youth Programs and other needs in our community, and we have been actively serving our community since 1952 (the oldest service organization in Everglades City).

Raffle tickets for door prizes will be available at the Lions Club Hot Dog/Hamburger/Smoked Mullet Dip Booth at the Seafood Festival. Look for more details in the next Mullet Rapper.

### 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.

### H & R BLOCK

### INCOME TAX PICKUP SERVICE

H & R Block of Marco Island is running a new service this year. Twice a month Michele Huss – Owner/Tax Professional will meet with you and pick up and deliver your Tax Documentation. "We know how busy you are this time of season and hope to alleviate some of this stress. This is especially useful for boat captains and hospitality staff." Please call us for details (239) 394-5058.

### THRIFT SHOP

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!*

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11:00 AM to 5:00 PM  
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Save Room for the Homemade Key Lime Pie!



### 1/28/17 Crossword Solution

1	B		2	B	3	A	4	B	5	Y		6	S	7	E	8	E	9	M								
7	R	10	O	11	U	12	S	13	E	14		15	C	16		17		18	A								
	I		8	9	S	10	H	11	E	12	13	L	14	T	15	16	17	18	19	20	21	22	23	24	25	26	27
11	S	12	H	13	E	14	E	15	T																		
14	K	15	I	16	S	17	S	18																			
16	A	17	D	18	S	19	O	20	R	21	B																
22	B	23	E	24	E	25	F																				
24	A	25	N	26	A	27	T	28	O	29	M	30	I	31	Z	32	E										
	S																										
26	H	27	Y	28	M	29	N																				

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## SCHOOL NEWS

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

### IMPORTANT SCHOOL DATES

Mar 13-17, 20: No School  
Apr. 14, 17 No School



### Academic Performance and Memory

by Dr. Michael Rizzo

*Semantic memory* refers to a portion of long-term memory that processes ideas and concepts that are not drawn from personal experience. Semantic memory includes things that are common knowledge, such as the names of colors, the sounds of letters, the capitals of countries, and other basic facts acquired over a lifetime. Reading actually helps one to expand and improve upon their repertoire of semantic knowledge.

Until about 3<sup>rd</sup> grade, people *learn to read*. After that, they *read to learn*. However, those who do not embrace reading, due to the design of their brain, not due to laziness or bad teachers, are at a disadvantage. Those who embrace and enjoy reading see school as a pleasant journey. Those who do not see it more as taking a walk through a hurricane. Neither group is innately smarter than the other group. This said, the group that enjoys reading will have access to more semantic knowledge, while the other is more limited.

As long as there have been brain researchers, there has been debate over whether intelligence is innate (you are born smart) or whether intelligence can be created simply by life's experiences (you can learn to be smart). In fact, in school, learning semantic knowledge often leads one to believe they are *smart*. Some children are good at memorizing all their spelling words, math facts, states, capitals, and historical events. They then do well on tests, and everyone believes they are smart. However, this is simply someone that is very good at memorizing semantic information. Semantic knowledge helps create more opportunities for understanding more complex information.

However, being smart does not necessarily require one to be good at memorizing random information, but has more to do with one's ability to see novel ways to solve problems. All of us know someone who struggled in school, but would be the first you would call when you have a problem, need something fixed, or need a plan to navigate a tough situation.

Think of some of the people you know. Those who see opportunities in the marketplace and create small businesses; those who lead and manage churches and social organizations; those involved in making local governments consider change; those who can envision trends in the future when others are stuck in the present; those who do well when investing; etc. If we could take these innately, naturally sharp folks and enhance their cache of semantic knowledge, then we would truly have people with unlimited educational potential / opportunities. However, some of these individuals just do not do well with learning through reading!

Typically, gaining semantic knowledge required reading. A large portion of the population (perhaps 20% or more) either has difficulty reading and/or finds reading to be unpleasant and fatiguing. For these individuals, accessing semantic knowledge is more difficult. They may not feel good about school, or in many cases, do not feel good about themselves because they do not believe they are smart.

Fortunately, with the current changes in technology and the availability of information through videos, the exposure to and acquisition of semantic knowledge is now available to all children, even if their brain design precludes them from enjoying reading.

The most important thing parents can do for their infants, toddlers, preschoolers, and lower elementary-age children is avail them access to semantic knowledge. By knowing lots of information about the world outside of their immediate environment, children will be positioned to use whatever God-given smarts they innately have to achieve higher levels of educational success. Those silly letters after peoples' names that they acquired through graduate school and doctoral programs, by no means makes them smart. However, it does give them the illusion they are smart, which makes them think highly of themselves, and in many cases, contributes to higher pay/salaries. *The variable that gave them the edge to move to higher levels in school was the access to semantic knowledge through reading.*

When children, very early on, learn concepts such as the months, seasons, holidays, geography, directions on a map, famous authors, famous artists, historical figures, animals, cars, boats, planes, and so on, they will have the foundation for academic success. ***Parents must not wait until preschool and/or depend on public schools to start exposing their children to such information. Talking to your children regularly, reading to them, watching the history channel, traveling and discussing geography, talking about politics, and filling their little heads with as much culturally relevant information as possible are all critical components to school success.***

Semantic knowledge is one variable that can lead to achievement in school. Three other ingredients for school success include the following cognitive components: Learning to sustain attention and process information quickly; learning to hold information on one's mental clipboard (working memory); and processing sounds at their most basic level (auditory processing). In short, these are the most important tools in the tool kit that make it easier to earn good grades. With technology, all of the semantic knowledge one could ever want to know, as well as training methods for the 3 main cognitive tools, are available to all children.

While the movement is small, it is rapidly gaining momentum in the most progressive schools. We should never stop providing opportunities to teach a child to be a better reader in the lower grades. However, if by late elementary or middle school, reading is still a challenge, we should stop beating the child up with sustained attempts to train a brain not designed to be a good reader. Instead, we should teach the child to learn by listening and/or experiencing (project-based learning).

Many schools now teach through laptops or tablets, which exposes children to learning through sounds and pictures. In fact, the new way to read for many is with their ears!

When writing, the same children that read by listening, can also write by speaking (voice-to-text technology). Working around brain designs that preclude one from embracing reading, exposing them to lots of culturally relevant information (semantic knowledge), and improving the tools in their cognitive tool kit, makes the playing field of life even for all students.

For ideas on how to use technology to enhance your child's brain, please refer to our resources page on my company website ([www.childproviderspecialists.org](http://www.childproviderspecialists.org)). If you have any questions or need help with finding the right tools for your child, please email me ([mrizzo@childproviderspecialists.org](mailto:mrizzo@childproviderspecialists.org)).

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*My Little Slice of Paradise*  
by Kathy Brock

**March Means It's Gardening Time!**

Spring is around the corner and that means things will really start growing again! The University of Florida's Institute of Food and Agricultural Science published a great year-long guide for South Florida gardening. Here are some of the best tips to keep all of your landscape plants thriving!

**Tropical Fruit/Citrus:** March is a great time to plant citrus trees. Most blooming is complete and small fruit is set. Some fruit will drop, this is normal —trees discard excess fruit.

**Pruning Trees:** Remove dead, diseased or broken branches first. Next, remove fast growing suckers along interior limbs, these are the ones that grow vertically off of a larger horizontal branch. Remove crossing and rubbing limbs.

**Ornamentals:** Fertilize now with palm fertilizer with micronutrients on the ornamentals. This is less expensive and you can use the same treatment for your palms. Check for whitefly and scale infestations and treat if necessary.

**Lawns:** Fertilize early March with a quality "weed & feed" fertilizer. If you choose not to use a "weed & feed" now, you may use a quality, slow release nitrogen fertilizer for St. Augustine lawns, and then use a separate weed agent next month. I prefer the weed and feed, it is a one-time treatment and works well. Do not overwater the lawn. You only need to water when 30% or more of the lawn shows drought stress.

**Palms:** Fertilize in early March with palm fertilizer (every three months). Date and queen palms are prone to magnesium deficiencies, you can use Epsom Salts for this. Fertilize same time as fruit if desired — March, June, August and November. Plant palms now, this is a strong growth month for palms.



# Recipes for Good Eating

Submitted by Bonnie Woodward

## Bonnie's Mom's Chicken

- 1 package chipped smoked beef
- 6 boneless, skinless chicken breasts
- 1 lb. thick cut bacon
- 2 cans Campbells Cream of Mushroom Soup
- ½ pt. sour cream



This is a favorite recipe from Bonnie's mother, Miff. Line 9 x 13 pan with chipped beef. Cut each breast in half and wrap each with a strip of bacon. Mix 2 cans of the soup and sour cream together and then spoon over the chicken. Bake at 280° uncovered for 3 hours. Makes 12 half breasts.

## Rapper Crossword

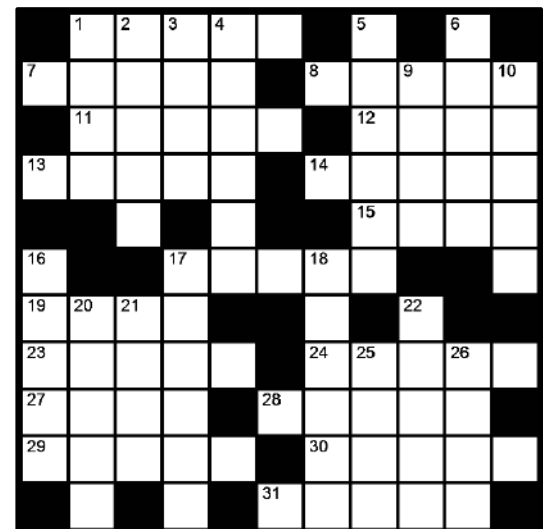
(Solution in next issue or visit [www.mulletrapper.com/xword](http://www.mulletrapper.com/xword))

**Across**

- 1. Tops of buildings
- 7. Visible suspension in the air of a substance
- 8. Of the nose
- 11. Venomous snake
- 12. Lois of Superman fame
- 13. Recycle
- 14. Snake-like dance
- 15. Hodgepodge
- 17. Serenity
- 19. Bullets and such
- 23. Thanksgiving is one
- 24. Omits
- 27. Unripe fruit may be this
- 28. Game or dogs name
- 29. Slice of meat
- 30. Racket
- 31. Rough and disorderly

**Down**

- 1. Rant
- 2. Poppy narcotic
- 3. Oh dear!
- 4. Change into ice
- 5. Biblical dancing girl
- 6. Hunger can cause them
- 9. Having sound judgment
- 10. Rent
- 12. Obscured



2/11/17

**(Down Continued)**

- 15. You may bathe in it
- 16. They are found on white water
- 17. Pertaining to the post office
- 18. Gambling house
- 20. Rich in content
- 21. Female equine
- 22. Inflexible
- 25. Be aware of
- 26. Nosegay

## Our Amazing Bodies

### The Respiratory System

by Dr. John Martin

In this article, we will introduce interactions of the **Respiratory System (RS)** with the bones, the muscles, the nervous system, blood, the digestive system, the immune system, the kidneys, the lymphatics, and connective tissue. Besides breathing, the RS facilitates, among other things, the activity of coughing, sneezing, hiccups, whistling, vocalizing, snoring, and swimming underwater.

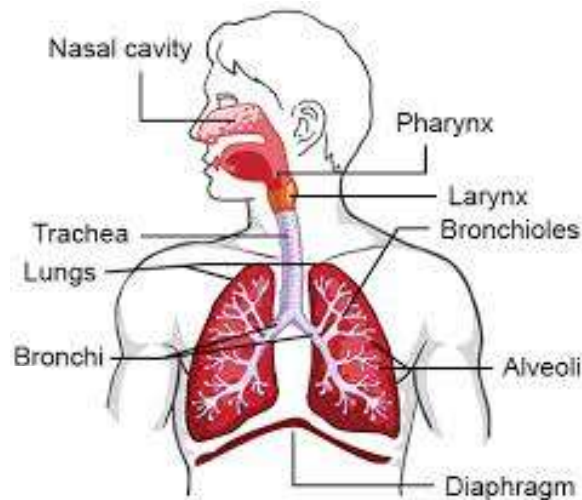
The intake of air, the transfer of Oxygen (O<sub>2</sub>) and Carbon Dioxide (CO<sub>2</sub>), and delivery of O<sub>2</sub> to the vital organs and other tissues of the body, and the removal of CO<sub>2</sub> and other toxins from the tissues is the primary function of the respiratory system. Without a continuous fresh supply of O<sub>2</sub> to all the tissues, especially the brain, serious and permanent damage can occur - in just a matter of minutes. Additionally, this is where we are most exposed for invasion of environmental microbes, some of which are not always friendly.

The RS consists of an upper respiratory tract, and a lower respiratory tract. The upper RS tract includes the nasal cavity, the pharynx, and the larynx. The lower RS tract includes the trachea, the primary bronchi, and the lungs. On an average breath, the lungs take in about 500 ml of volume, referred to as tidal volume. Six times that can be forced in with a vigorous deep inhalation. The maximum volume for any one individual is referred to as their VO<sub>2</sub> max.

Atmospheric Oxygen (O<sub>2</sub>) at mean sea level is about 18% of the air breathed. Nitrogen (N<sub>2</sub>) is about 78% of the air breathed. Carbon Dioxide and other gases account for about 2%. Under pressure (e.g. "SCUBA" stands for = Self-Contained Underwater Breathing Apparatus) Nitrogen is also absorbed into the bloodstream and can cause an intoxicating effect as when a diver dives very deep or for extended periods of time. If a diver ascends too quickly from the deep, the Nitrogen in solution can come back out of the blood more quickly than desired, leading to bubbles forming in the blood. "Caisson's Disease" or "the Bends" results when these bubbles form and block circulation in the joints. Eye, lung, and brain aneurysms can also result. "Sport Diving" is therefore usually confined to 35 feet or shallower.

In the nasal cavity, the air we breathe is filtered by the hairs in one's nose, and warmed and humidified (moistened). Sinuses, the air-filled pockets in the facial and skull bones, communicate with the nasal cavity which also forms the hard palate or roof of the mouth. The new breath of air just taken in would then enter the back of the throat or soft palate, where the Uvula can be seen and the tonsils are positioned. Just a short distance further there is a cleverly designed little trap door or flap called the "epiglottis" covering over the top of the laryngeal portion of the tubular conduit leading to the trachea or "windpipe". The epiglottis helps us not choke any time we swallow and then having to deal with things "going down the wrong pipe". Working properly, food and liquids we swallow go over this flap to the back of the throat and down the esophagus, and air can continue down toward the lungs.

The vocal cords are located in the larynx portion of the breathing tube and participate in coughing and sneezing as well as generating and refining (along with the tongue), potentially intelligible voice sounds. Cartilage supports and reinforces the pathway to the trachea and lungs the whole of the pharynx and larynx portions appearing to be suspended from the floor of the skull and anterior to (in front of) the first six cervical vertebrae.



The lower respiratory tract includes the trachea ("windpipe") which splits in two leading to the right and left lungs via the primary bronchi. The right lung (with three lobes, or sections) and the left lung (with two lobes), further divide into bronchopulmonary segments, ten sections on each side, respectively. The lungs themselves are separated from the chest wall, the ribs, the internal and external intercostal muscles and the diaphragm (collectively known as the muscles of respiration) by thin mucosal linings called parietal and visceral pleurae.

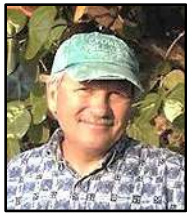
Blood pressure (BP) is controlled in part by the kidneys, directly by the volume of water in blood and indirectly through a complex of hormonal control (renin-angiotensin). Directly, the more volume of water in the blood, the higher the relative pressure. When we lose water (e.g. excess activity resulting in sweating) blood pressure rises and lowers accordingly respective to how much water the kidneys remove from the blood, working harder. Considering blood pressure is a function of cardiac output, peripheral resistance, and blood volume, we can see how BP can be influenced as our breathing rates and capacities vary.

Indirectly, when blood pressure is normal (parasympathetic ANS) is usually breathing for us and doing so involuntarily (we don't have to think about it). When blood pressure is low, sympathetic takes over and stimulates constricted blood vessels to increase blood pressure.

To recap. Let's take a breath. The diaphragm expands, the external intercostal (in between the ribs) contract increasing the lung capacity and creating a mildly lowered air pressure in the lungs. Air flows into the nasal cavity where it is filtered and warmed and humidified. The air flows past the pharynx where it is furthered moistened, where cilia and mucus trap and direct foreign debris up to be spit out or down to be swallowed. The (Oxygen-laden) air passes into ever more branching and smaller bronchioles until reaching the alveoli (smallest air sacs) where gaseous exchange occurs trading O<sub>2</sub> for CO<sub>2</sub> in the blood coming from the heart having just previously returned Oxygen-poor from the body. The now Oxygen-rich blood returns to the heart through ever larger capillaries to venules to veins on into the left atrium and back out the left ventricle to the body. At a pace of about 72 heart beats per minute to about 17 breaths per minute, the cycle continues - and most of it, we didn't even have to think about!

Next time, **THE IMMUNE SYSTEM.**





## Living Gulf Coast

by Charles Sobczak

**River Otter** (*Lutra canadensis*) Other names: common otter / Status: FL=stable but extirpated (eliminated) in 11 states and endangered in 13 more, IUCN=LC / Life span: to 20 years / Length (including tail): 26-42 in. (66-106 cm) / Weight: 11-30 lb (5-14 kg) / Reproduces: near water in suitable dens; will often use another animal's burrow or find natural holes in riprap and tree roots / Found: diurnal in all six counties.

There are 12 species of otters worldwide. The mammal appears on every continent except Australia and Antarctica. The largest of the freshwater species is the giant otter of the Amazonian basin, weighing up to 66 pounds; the shorter but heavier sea otter of the north Pacific coastline can weigh up to 90 pounds. Throughout its range, otter populations are declining as a result of continued habitat loss and the harvesting of its meat and fur.



The only aquatic member of the weasel family, the otter is renowned for its playfulness. Curious and entertaining to observe, it is a favorite at zoos and aquariums. In the wild, the otter is far less playful but is still known to slide down a muddy embankment repeatedly or engage in other behavior that can only be described as having fun. Aside from primates, the sea otter is the only mammal known to use tools when harvesting food.

The diet of the river otter is largely made up of fish, both fresh and saltwater species. It prefers slower-moving fish such as gar, pinfish, and catfish, but will catch just about any fish it can. It also eats crawfish, horseshoe crabs, frogs, coots, ducks, beetles, and on rare occasions, muskrats and marsh rabbits.

An otter is capable of holding its breath for up to four minutes, diving as deep as 60 feet and swimming as fast as six-miles per hour. Its fur is so dense that its skin never gets wet. Young otters, even though they are born with webbed feet and will eventually spend most of their lives in the water, must be taught how to swim by their parents. The otter is very vulnerable to water quality issues and will quickly abandon any polluted lakes or streams. Poor water quality has been a major factor in the otter's decline worldwide.

The otter is preyed upon by alligators, bobcats, coyotes, and wolves. Because of its unusual method of running, arching its back high into the air as it runs, it is very vulnerable to automobile collisions. Oil spills are especially troublesome for the otter. The *Exxon Valdez* spill in Prince William Sound killed more than 1,000 sea otters and dozens of river otters within days.

By and large the otter is a rare sighting. It is most often spotted in the early mornings and at dusk. Sadly, most of the otters we see are those who have been killed in automobile collisions. The best locations to find river otters are in areas with multiple freshwater ponds, where you can sometimes see them crossing over from one body of water to another. In Florida, where otters are protected, the species is making a strong come back. Many coastal otters were severely impacted by the 2004 and 2005 hurricane seasons and populations along the coast are currently lower than normal.

**"River Otter Family" photo by Heather Green**

Charles Sobczak is a Sanibel author. For more information: [www.indigopress.net](http://www.indigopress.net).



## Off the Shelf – Book Review

**Poachers in Paradise**

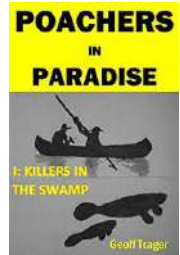
by Geoff Trager

reviewed by Marya Repko

This is a funny and funky book, albeit a bit grizzly, set in southwest Florida. The hero is a retired professor asked to analyze burnt bones from the barbecue pit of wild men on a remote island and to look at the bodies of manatees ("river pork") minus their tails. The Fish & Wildlife officer in charge is an old Florida boy who has eaten Chokoloskee chicken but, of course, did not kill them himself. Other delicacies enjoyed by the local corner store owner are armadillo and palm rat kebobs.

The prof is an eco-freak who cooks with methane from the sewer, has solar power for his boat and cell phone charger, and fights mosquitoes with a concoction of garlic and jalapeno. He refuses to carry a gun but has a powerful right arm as a pitcher which he uses to throw pine cones to disarm the "baddies", poachers who are killing the wildlife and dynamiting to catch fish. The dialog is snappy and the action fast. There is even a bit of romance between the prof and a local waitress.

Author Geoff Trager is a naturalist and tour guide. He writes that he has a habit of "hanging out in questionable food and drink establishments on the edge of the Florida Everglades, where tall tales grow taller and strange characters grow stranger". Although sub-titled "1: Killers in the Swamp", unfortunately I have not found the next episode which I look forward to reading. The book is available at Collier County Public Library.



## Taxing Things by Mike the Tax Guy

*Things to Remember When Choosing a Tax Preparer*

*Taxpayers Should Choose Their Tax Return Preparer Wisely*

**Check the Preparer's Qualifications.** Use the IRS Directory of Federal Tax Return Preparers with Credentials and Select Qualifications. The Directory is a searchable and sortable listing of preparers with credentials for filing season qualifications. <https://irs.treasury.gov/rpo/rpo.jsf>. Ask about Service Fees. Avoid preparers who base fees on a percentage of the refund or who boast bigger refunds than their competition.

**Taxpayers should make sure their preparer offers IRS e-file.** Make Sure the Preparer is Available. Taxpayers may want to contact their preparer after this year's April 18 due date. Avoid fly-by-night preparers.

**Provide Records and Receipts.** Good preparers will ask to see a taxpayer's records and receipts. They'll ask questions to figure the total income, tax deductions, credits, etc.

**Never Sign a Blank Return.** Don't use a tax preparer who asks a taxpayer to sign a blank tax form.

**Before signing a tax return, review it.** Ask questions if something is not clear. Taxpayers should feel comfortable with the accuracy of their return before they sign it.

**All paid tax preparers must have a Preparer Tax Identification Number (PTIN).** By law, paid preparers must sign returns and include their PTIN.

*Note that taxpayers are responsible for all the information on their income tax return no matter who prepares the return.*

Mike Klein, "The Tax Guy", provides tax services in Everglades City, he can be reached at 695-0595.

**LOCAL NEWS**

**ATTENTION BARGAIN HUNTERS!**



February 25<sup>th</sup>, will be a true bargain hunter's bonanza! There are two huge community garage sales taking place in our area. Outdoor Resorts (ORA) will hold their annual community-wide bazaar starting at 9:00 am.

Also at 9:00 am, Port of the Islands is holding their community-wide garage sale that stretches from Port of the Islands to across the street at Orchid Cove. You won't want to miss either...so plan to start early to find the best bargains! For more details see the events column on page 3.

**STAR TREKKER REPORT**

Reported by Chris Herlovich



**Night Sky Viewing Dates Schedule**

Big Cypress is an official "Dark Sky" area. What this means is there is very little or no ambient light to interfere with star gazing. In fact, Big Cypress has some of the darkest skies in all of Florida. You will not want to miss out on the last viewing date this season on **March 25<sup>th</sup>**. The viewing program starts at 7:00 p.m. More information can be found online by visiting:

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

The program 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).

**Book Club Meeting Update**



If anyone is interested in joining the book club, contact: Diann Lock: [dlock333@yahoo.com](mailto:dlock333@yahoo.com). Everyone is welcome!

**UPCOMING READING SCHEDULE**

**February 16-** meeting will be held at 9:30 a.m. and hosted at ORA. The book being discussed is "Leap of Faith" by Queen Noor of Jordan

**Mar. 16 -** "All the Light You Cannot See" by Anthony Doerr

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

**Another Great Movie Night!**



There were 50 attendees that enjoyed the documentary "Unseen Everglades" at the January movie night held at Jinkins Hall. The film outlined Florida drainage history, the problems with Lake Okeechobee, and what restoration programs are being implemented to help correct the problem.

A special thanks to creator/narrator Charles Kropke who drove from the east coast to be with us and stayed to answer questions after the film. Thanks also to Leanne Kurrle, Elaine Middelstaedt, Helen Bryan, and Kathy Morocco for help with refreshments, and to Craig whose equipment performed perfectly. The next movie night will be held on **March 10<sup>th</sup> at Jinkins Hall**.

**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 the month of February.

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.

**Author's Hour**

**Meet Michael Calhoon Tucker, March 3rd at Noon**

Michael Calhoon Tucker author of "The Crackers, the Legend of Jessie Calhoon" will be featured at the museum's Authors hour.

For more information contact the museum at 239-695-0008.

**February is Florida Hiking Trails Month!**

In recognition of Florida's 7,000 miles of shared-use and hiking trails, Gov. Rick Scott proclaimed February as Florida Hiking Trails Month. The Florida Department of Environmental Protection encourages residents and visitors to take advantage of the Sunshine State's natural beauty by enjoying its expansive trail network.



"February is a great time to get outside and explore the amazing trails our state has to offer," said Florida Park Service Director Lisa Edgar. "Hiking is one of the best ways to experience Florida's unique scenery. I encourage residents and visitors to stay active by exploring the outdoor, family-friendly recreation that our trails offer year-round."

Florida's extensive network of trails includes more than 2,500 miles of dedicated hiking trails and more than 4,500 miles of shared-use trails also available to hikers throughout the state, including the 1,100-mile Florida National Scenic Trail. These trails not only allow for incredible birding, ecological sightseeing and exposure to a large variety of plants and animals, they are also a fun source of recreation and fitness opportunities. Florida Hiking Trails Month promotes a healthy, outdoor lifestyle that the whole family can enjoy.

Hiking trails span the entirety of the state. To plan your hiking adventure, visit the Trail Guide offered by DEP's Office of Greenways and Trails (OGT) by visiting the Department of Environmental Protections website: <http://www.dep.state.fl.us/> or call 850-245-2052 for information.



**EATERIES, MARKETS  
& AREA WORSHIP**

**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 Thurs

7:00 am to 8:00 pm; 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-4 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 - 5:00 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

**1<sup>st</sup> Baptist Church of Everglades City**

9:45 am Sunday School, 11 am Worship

6 pm Sunday, 7 pm Wed. Bible Study

**Holy Family Catholic Church**

10:30 a.m. Sunday Mass

**St. Finbarr Catholic Church, Naples**

Phone: 239-417-2084

**San Marco Catholic Church, Marco Isl.**

Phone: 239-394-5181

See the Rapper in full color!  
Visit our website  
[www.MulletRapper.com](http://www.MulletRapper.com)

**EVERGLADES CITY**

Lat: 25.87°N Long: 81.37°W

See [www.weather.gov](http://www.weather.gov) for weather  
and [www.nhc.noaa.gov](http://www.nhc.noaa.gov) for storms

**TIDES FOR BARRON RIVER**

2/11	Sat	2:06 AM	3	H
2/11	Sat	9:58 AM	-0.5	L
2/11	Sat	3:18 PM	2.3	H
2/11	Sat	10:05 PM	0.3	L
2/12	Sun	2:49 AM	2.9	H
2/12	Sun	10:37 AM	-0.4	L
2/12	Sun	3:49 PM	2.4	H
2/12	Sun	10:48 PM	0.2	L
2/13	Mon	3:32 AM	2.7	H
2/13	Mon	11:15 AM	-0.2	L
2/13	Mon	4:22 PM	2.4	H
2/13	Mon	11:30 PM	0.2	L
2/14	Tue	4:17 AM	2.5	H
2/14	Tue	11:51 AM	0	L
2/14	Tue	4:57 PM	2.4	H
2/15	Wed	12:15 AM	0.2	L
2/15	Wed	5:06 AM	2.2	H
2/15	Wed	12:26 PM	0.2	L
2/15	Wed	5:35 PM	2.4	H
2/16	Thu	1:03 AM	0.2	L
2/16	Thu	6:02 AM	2	H
2/16	Thu	1:01 PM	0.4	L
2/16	Thu	6:16 PM	2.3	H
2/17	Fri	2:01 AM	0.2	L
2/17	Fri	7:05 AM	1.8	H
2/17	Fri	1:38 PM	0.5	L
2/17	Fri	7:03 PM	2.2	H
2/18	Sat	3:09 AM	0.2	L
2/18	Sat	8:19 AM	1.6	H
2/18	Sat	2:35 PM	0.7	L
2/18	Sat	8:00 PM	2.2	H
2/19	Sun	4:19 AM	0.2	L
2/19	Sun	9:46 AM	1.5	H
2/19	Sun	4:07 PM	0.8	L
2/19	Sun	9:07 PM	2.2	H
2/20	Mon	5:23 AM	0.1	L
2/20	Mon	11:24 AM	1.6	H
2/20	Mon	5:22 PM	0.8	L
2/20	Mon	10:14 PM	2.2	H
2/21	Tue	6:17 AM	0	L
2/21	Tue	12:24 PM	1.8	H
2/21	Tue	6:20 PM	0.8	L
2/21	Tue	11:13 PM	2.4	H
2/22	Wed	7:05 AM	-0.1	L
2/22	Wed	12:57 PM	1.9	H
2/22	Wed	7:08 PM	0.7	L
2/23	Thu	12:01 AM	2.5	H
2/23	Thu	7:48 AM	-0.2	L
2/23	Thu	1:27 PM	2.1	H
2/23	Thu	7:50 PM	0.6	L
2/24	Fri	12:43 AM	2.7	H
2/24	Fri	8:27 AM	-0.3	L
2/24	Fri	1:57 PM	2.2	H
2/24	Fri	8:29 PM	0.5	L
2/25	Sat	1:20 AM	2.8	H
2/25	Sat	9:04 AM	-0.3	L

**Congratulations to  
Shaylee DeLeon for Being the  
January Do the Right Thing  
Award Winner**



Shaylee DeLeon is a 2nd grader at Everglades City School who loves to read. While looking through her many books and reflecting on how much she enjoyed each one, she decided that she needed to share her books with others rather than just letting them sit on a shelf.

So, she gathered up all of her books and donated them to the school so others could enjoy them too. When asked, what made her decide to donate them? She replied that she knew that some of her classmates didn't have any books of their own and it seemed like a nice thing to do.

This is just one example of the random acts of kindness that Shaylee is known for. Thank you, Shaylee, for your kindness and for always *Doing the Right Thing!*

*Photo by Sue Gentry*

**EVERGLADES COMMUNITY CHURCH**

*The Friendly Church on the Circle*

**Non-Denominational**

101 South Copeland Avenue  
P.O. Box 177, Everglades City, FL 34139  
239-695-4787

The Rev. Dr. Bob N. Wallace, Pastor  
Sunday Worship Service 11:00 A.M.  
Sunday School October - April 9:45 A.M.  
[www.evergladescommunitychurch.com](http://www.evergladescommunitychurch.com)

Become a *Mullet Rapper* contributor!  
Send us your photos, article, news and  
community events so that they may be  
included in an upcoming issue!

## RAPPER CLASSIFIEDS

**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.

**FOR SALE:** 1 Bad/1 Bath Cabin in Glades Haven Resort w/ Deeded Boat Dock - \$119K - Hardwood floors, Home and Dock recently re-stained. Renee Hahn 239-287-2576. (MLS 2170003431)

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

**FOR SALE:** Waterfront 3br/2ba mobile home, 2 1/2 lots, dock and boat ramp, one lot off Halfway Creek, wood and vinyl floors, 10'x40' screened porch, shed. Furnished \$225,000 More info 239-340-4770.

**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.

**KAYAKS FOR SALE:** Two -14-foot Wilderness Systems Tarpon 140 kayaks, molded plastic, sits on top; included-2 paddles. \$300 ea. Trailer for both kayaks @ \$75.00 if you buy the kayaks. Contact Harriet: 239-860-2849.

**FOR SALE:** 2 stilt houses EC: \$249K, 5/4; \$349K, 4/3. Available dock, new appliances, paint, etc. Possible owner financing. Call Steve at 910-599-2698.

**WANTED:** Repairable or working 25-40 hp tiller outboard, 4 stroke, short shaft Honda, Mercury or Yamaha. Call 239-206-6884.

## PET PICS

Butchie Brock enjoys lying in his new hole ...in my garden!



## RAPPER CLASSIFIEDS

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

**FOR SALE:** Beautifully restored, original corner lot Collier home. Two 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. 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.

**HOUSE CLEANING AVAILABLE:** Reliable, references. Jo Jo's. Please see our ad on page 4.

**FOR SALE:** RV Lots with docks. Please call Bob Wells Real Estate @ 239-695-2660 for more information.

**MOVING, FOR SALE:** 2004 Key West 17.2 with 90 HP 2 stroke Yamaha. Call 239-695-4498 and leave a message.

## The MULLET RAPPER

What's Happening in the Everglades City Area

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