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## Montage Women's Club Submitted By: Rita Artwohl

The Montage Women's Club is a social and philanthropic club open to all women residing in Lee County. We meet on the fourth Thursday of each month at The Landings Yacht, Golf, and Tennis Club (off McGregor Blvd south of College Pkwy).

lunch and are followed by an informative program. Within the organization are various interest groups for members' participation. Membership is open to both year-round and seasonal residents. We welcome you to visit Montage for a luncheon.

day, February 27 at 11:30 a.m. This will be our annual fundraiser meeting. We will be asking for monetary donations in order to grant a newly instituted scholarship offer to two local women for the opportunity to develop their skills and talents via a college education in either a two or four year program. It is our sincere hope that the recipients

achieve their career goals, one in which they will succeed, and give back to our wonderful community.

If you would like to attend a Montage meeting, need further information, or would like to make a reservation, please call (239) 481-7765.

Meetings begin at 11:30 a.m. for Our next meeting takes place Thurs-

## Event Tickets Selling Out: 70's ELO Tribute Band At Ter-Tini's

Submitted By: David Piro

Ter-Tini's, known for food, drinks, and a variety of the hottest live entertainment in the Fort Myers area, is excited to announce one of their biggest shows yet, "Tribute to the Moon! A Tribute to ELO".

classical, beatlesque, futuristic, and of course jazz. The cover band, "Ticket to the Moon" has performed with many notable artists, including; Jennifer Lopez, Earth, Wind & Fire, Ricky Martin, Rod Stewart, Disturbed, and Michel Buble.

Local community member, Gene Fischer, had this to say: "We get some big names from time to time, but it's rare to get this kind of talent for the cost, it's insane how cheap it is for this experience." Ter-Tini's owner, Kevin Walsh, hosts regular tribute events, but they have come out and said that ELO is "probably our best show" and it hasn't even happened yet.

This is a celebration of the Electric Light Orchestra (ELO), where a 90 minute multimedia tribute will take place with anywhere from 8-15 musicians will perform. These artists will feature cellos, violins, guitars, drums, and much more. We want to see you at this event, where an amazing performance, light show, and videography will take place. Please be a part of the experience.

The original ELO is an English rock band with a unique assortment of sounds, infused with sounds, such as

Upcoming entertainment and events at Ter-tini's may be found on their Ter-ti-

nis Facebook page or by visiting [www.ter-tinis.com/](http://www.ter-tinis.com/)

Ter-Tini's can be contacted through

phone at (239)277-5475, or by email at [tertinis@aol.com](mailto:tertinis@aol.com). Ter-Tini's is located at 1901 Crystal Dr, Fort Myers, FL.

Photos: Electric Lights Orchestra tribute band "Ticket To The Moon"  
Photo Courtesy: Ticket To The Moon



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# Pet Oral Health: More Than Just A “Dental”

Submitted By: Dr. Veja Tillman

Did you know that most dogs develop some degree of periodontal disease by the time they are 3 years old? Oral health is as important in dogs and cats as it is in us. Unfortunately, many pet parents don't realize that a big part of their pet's wellness is their oral health

at the veterinarian's office is similar to what a person receives at their dentist's office. Tartar is removed from the surface of the tooth and from the gum line with specific instruments. The roots are planed, meaning tartar is scraped from below the gum line until the roots are smooth again.

## How do you know that your pet needs to have a complete oral assessment and treatment (cleaning)?

Bad breath is usually the first indicator that your pet should visit the vet. Other signs to look for include:

- Swollen or bleeding gums/ Seeing blood on toys
- Difficulty eating or changes in eating habits
- Yellow or brown teeth/ Stained teeth
- Growths on the gums or in the mouth
- Excessive drooling or pawing at their mouth
- Broken or worn teeth

Next, periodontal sockets are probed and measured to assess the degree of periodontal disease. The enamel is polished to remove any unevenness left by tartar removal and the mouth is disinfected and possibly treated with a fluoride sealer or plaque repellent. Finally, professional notes are taken on a dental chart, noting abnormalities on each of a dog's 42 teeth or a cat's 30 teeth.

## How can I keep my pet's teeth healthy?

Schedule regular oral health assessments (General Oral Exam) with your veterinarian (at least every 6 to 12 months). Your veterinarian can discuss with you any problems areas or concerns for your pet's oral health. Periodic professional Dental Cleaning and Treatment under general anesthesia. General anesthesia is required to properly and completely assess oral health, clean and treat your pet's teeth.

Regular brushing of the teeth is the single most effective thing that you can do to maintain your pets oral health in between professional dental cleanings. Talk with your veterinarian to get recommendations for nutrition, treats or dental products for your pet.

## February is National Pet Dental Month!

Contact your veterinarian today to schedule a Complete Oral Health Assessment, Dental Cleaning and to discuss tooth brushing and dental products and diets. 🐾

## Why should you have your pet's teeth cleaned?

Oral health requires periodic professional cleaning and treatment regardless of whether the mouth belongs to a person, a dog, a cat, or any other animal. The bacteria of the mouth can spread to other areas of the body through the bloodstream. Oral disease allows the bacteria to spread more easily into the blood stream leading to infection in the heart, liver, kidney or virtually anywhere the bloodstream carries them.

Home care of the teeth is never perfect and periodically the mouth must be evaluated, tartar must be properly removed and the tooth surface completely polished and disinfected.

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# Gateway Girl Crowned Miss Florida Teen USA 2020

Submitted By: Rob Spicker



Photos: Rylie Spicker proudly accepting and wearing the crown as she is named this year's Miss Florida Teen USA

Photo Courtesy: Miss Florida USA Organization

Gateway resident Rylie Spicker was recently crowned Miss Florida Teen USA at the 2020 competition in Coral Springs, Florida. She now moves on to compete in the Miss Teen USA competition later this year.

At Miss Florida Teen USA Rylie competed against more than 50 other young women from around the state in interview, active wear and evening gown. She won the Girl Boss award, or Miss Congeniality, which is voted on by the other contestants. She also won the Top Model award from MMG Talent Agency in New York. It was the second year Rylie was chosen as Girl Boss, as she also won the award last year when she finished as the First Runner-Up.

Rylie is currently a freshman at the University of Florida majoring in finance. She graduated from Riverdale High School in 2019 with an Interna-

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tional Baccalaureate diploma. She was President of her Senior class, member of the student council for four years, varsity cheerleader for three years, and also earned varsity letters in track and lacrosse. She intends to pursue a career as a film and television producer.

Rylie will use her year as Miss Florida Teen USA to promote The Kindness Project she organized in high school. She will encourage girls around the state to surprise their classmates with

notes of kindness and inspiration. Rylie is also a long time volunteer with the Animal Refuge Center in North Fort Myers and will continue to support Southwest Florida's largest no-kill shelter. She will make appearances around the state and country representing Miss Florida Teen USA. The Miss Teen USA competition is expected to be held this spring or summer in a still unannounced location.

Rob and Angie, Rylie's parents say

they are extremely proud. Her twin brother Blake, also a freshman at UF, and younger brother Reid, are among her biggest supporters.

Rylie is available for appearances around Southwest Florida. You can reach her at [MissFLTeenUSA2020@gmail.com](mailto:MissFLTeenUSA2020@gmail.com) A welcome home event is being planned soon in the Gateway area. If you would like to contribute or help with her journey to Miss Teen USA it would be greatly appreciated. 🌸

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# Customized Prescriptions with Compounding at ApotheCare 360

Submitted By: Deanna Catalano

In the present day of big box stores and huge pharmacy chains, it is difficult to remember that your hometown pharmacy was once locally owned and located downtown on a prominent corner. There you would find a pharmacist who could provide you exactly what your doctor prescribed, even if it was written for a customized formulation. You knew and trusted your pharmacist because you, your family and your friends and neighbors had been served by this pillar of the community consistently for years. With ApotheCare 360 those days need not be a thing of the past.

At ApotheCare 360, owners Joe and Deanna Catalano offer the same services provided by these pharmacies and more. But what sets them apart from the big chain pharmacies and box stores is their ability to provide customized compounded formulations that meet the individual needs of patients whether they be human or animal.

Prescription compounding is the process of producing a customized pharmaceutical product to fit the unique needs of a patient. To do this, compounding pharmacists use formulas and recipes to combine or process appropriate ingredients using various techniques, equipment, and tools.

Compounding is quickly becoming more common in all fields of healthcare. For instance, ApotheCare 360 offers customized compounded formulations for hormone restoration, veterinary, dermatology, ears nose and throat, autoimmune diseases, thyroid, topical pain management, mold detoxification, dental and many other fields as well.

Deanna states that ApotheCare 360 is looking to change the way people view pharmacy today. The Catalano's are working closely with local physicians and specialists to develop innovative therapies to treat many of the problems and conditions that you cannot treat with readily available products. As Joe

says, "There is nothing over the counter or is readily available that can compare to these compounded treatments."

Compounding offers many solutions to many issues. Some of the most impressive success stories are from Bio-Identical Hormone Replacement Therapy. BHRT replaces important hormones that the body stops producing with age. This treatment is very personal and specific to each patient. Women have been turning to BHRT for years especially those experiencing the symptoms of menopause. However, an increasing number of men have been benefiting from this kind of treatment and while the treatment plans for men and women differ dramatically, BHRT is increasing the quality of life for both women and men.

Compounding is becoming increasingly popular as many physicians are recognizing the benefits of customized treatments for their patients. Medication therapy is definitely not a one size fits all concept. Being able to formulate customized prescriptions to the specific needs of the patient allows for better compliance and success in treatment. Being able to work with physicians and providing solutions demonstrates the bright horizons for compounding and ApotheCare 360. As Joe relates, "People discover that compounding is a great way to take control of their own healthcare."

The Catalano's invite you to stop in and get acquainted with them at their location at 6631 Orion Dr. Suite 112, Fort Myers, FL. They also invite you to visit their website at [www.apothicare360.com](http://www.apothicare360.com) or call at 239-690-7700.

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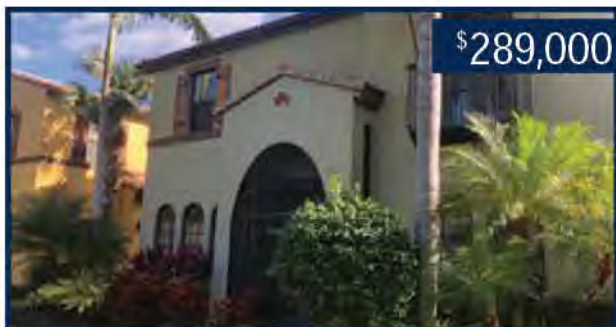
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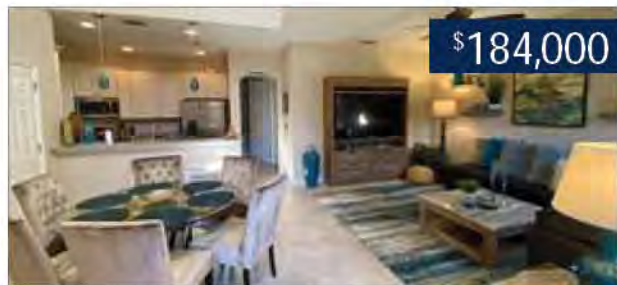


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## Kids Tag Art on Display During ArtFest Fort Myers

*Lee County Tax Collector selling the specialty plates during two-day event*

Submitted By: Josh Milton

Young, creative minds will be on display during the 20th ArtFest Fort Myers thanks to the Kids Tag Art (KTA) program, a collaboration between the Lee County Tax Collector and the Foundation for Lee County Public Schools. ArtFest takes place Feb. 1-2 in the Downtown Fort Myers River District.

A special KTA booth inside the Public Art Yard in Centennial Park will display the Award of Distinction winners who were selected from artwork submitted by 3,900 fifth-grade students from throughout the School District of Lee County. The artwork will be available for purchase as specialty front-end license plates for just \$20. Sales of the plates directly support art programs at each of the district's participating elementary schools.

"What better way to display the great work of our children than at one of Southwest Florida's top arts events," Lee County Tax Collector Larry Hart said. "These kids are amazing and by purchasing their creativity, the arts programs at each of their schools can invest a little more into their education."

The KTA program, now in its fifth year, encouraged the fifth-grade students to create artwork based on this year's theme "Fun in the Sun." After the designs were submitted and judged, the top two from 52 elementary schools were recognized with an Award of Distinction.

The winning designs can be displayed on front end plates and also are available for public purchase at leetc.com.

The Tax Collector's Office also offers sponsorships for the program, raising even more money to help elementary

school teachers pay for art supplies.

Sponsorship information is available by calling the Lee County Tax Collector's Administration Office at 239-533-6060. For program information, contact Pleshette Mims-Roberts at 239-533-6068 or Beverly Burke of The Foundation for Lee County Public Schools Inc. at 239-337-0433.

### About Lee County Tax Collector

The Lee County Tax Collector (LCTC) exists to serve the citizens of Lee County. The office takes pride in organizational excellence and offering exemplary customer service and operates by the credo of "We've got your back." The LCTC operates leetc.com, the official interactive website of the tax collector, which allows county residents to quickly and easily take care of motor vehicle and vessel registration, pay property taxes, make appointments for concealed weapon permits and more.

The agency operates seven service centers open daily throughout the county to provide efficient, convenient services. The LCTC works to provide innovative and quality service that supports the growth and sustainability of the community. For more information, visit leetc.com or follow Lee County Tax Collector on social media.



Photo: Artwork earning an Award of Distinction

Photo Courtesy: Lee County Tax Collector

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# Three Things You Need To Know To Be Healthy

Submitted By: Dr. Darin Stokke, DC



Photo: Dr. Darin W. Stokke, DC, currently of Lifestyles Healthcare Group. He originally found personal pain relief from chiropractic adjustments after a high school football game left him injured with neck pain and severe headaches

Photo Courtesy: Dr. Darin Stokke, DC

Everyone wants to be healthy, right? Is there a magic ingredient to health? Believe it or not, health isn't going to be found in a pill or potion, or in a surgery or new diet fad. In fact, to find health may take a bit of a paradigm shift for most of us. Here's 3 things everyone needs to know to be healthy.

## We Are Made To Be Healthy

Health is our normal default and sickness is abnormal. We are designed to be healthy, to stay healthy and to regain health when we lose it for any reason. This may seem obvious to some but a foreign idea to others. Our body and mind are amazingly complex and amazingly good at what they were designed to do. Our brain, nervous system, and every cell of our body are hard wired for survival.

The goal of every action of our mind and body is to best maintain our survival. When something challenges our chances at survival in any way, our mind and our nervous system jump into action and respond. Sometimes

those responses are the sensation of pain when you touch your hand on a hot stove causing you to pull away. Or the response to raise our body temp and create mucous that stuffs our nose and congests in our chest so as to best capture and expel a threat to our body such as a virus or flu bug through our coughs and sneezes.

These are not dysfunctional actions of a sick body, but a healthy response of a body that is strong and fighting for survival. Even today, if you are feeling pain in a joint or in your spine, this is a healthy sensation of your body warning you something isn't working right and to keep you from further injuring an already overly stressed joint causing further damage. Covering those healthy symptoms with a pill is treating your body like it's a dysfunctional mess. The best drugs can do is cover up a symptom and the best surgery can do is repair to the point of semi-function when the body, joint or body part has lost most or all of its function through injury or years of neglected degeneration.

## Movement Is Good

When we don't move or movement becomes dysfunctional in some way, problems occur. Our joints, for instance, require movement to remain healthy and to create flow of fluids in and out of the joint. A joint that doesn't move or moves in a dysfunctional way out of alignment will break down and degenerate rather quickly. When blood flows and moves in a healthy way, our body and cells remain nourished and alive. When blood movement becomes impeded or dysfunctional we end up with heart attacks and strokes.

When digestion allows movement of foods to flow properly, we get the nutrients we need into our body and get the toxins out. But if the movement of digestion is increased or decreased, we either end up deficient in nutrients or backed up with excessive toxins. When the movement of nerve flow is normal,

our brain and body communicate at ease. However, when the movement of nerve flow is obstructed or cut off, communication is also cut off causing dysfunction in the body parts those nerves supply and dysfunction in the body as a whole. Maintaining functional movement always means maintaining optimal health.

## Stress Isn't All Bad

Good stress is called eu-stress and bad stress is called di-stress. Often we are told that all stress is bad. However, the right kind of stress is essential to our health and well being. Without any stress, our body and mind would quickly breakdown and decay. Exercise, for example, is a stress we place upon the body that has a good effect. With exercise we are challenging the body to keep it strong. Sitting in front of a TV for 8 hours is a stress we place on the body that is not so good. Sitting with a bad posture abnormally stresses the joints,

weakens the core and postural muscles, and creates distress in our nervous system. Reading is a stress we place on our mind to keep our mind strong and active. Obsessively worrying about things out of our control is a stress we place on our mind that is destructive.

The key thing to remember about health is that true health comes from the inside out and not from the outside in. No matter what stage of life we are in or what the cumulative effects of years of bad habits and injuries may have caused to our body, there is still hope of being healthy. The hope for each of us shouldn't be perfection but rather optimization. We should all look at ways today that we can best optimize our health and optimize what we have to work with so as to enjoy the best quality of life today and into the future. It's up to each of us to take responsibility for our health and make the right choices to live out the lifestyles we each desire. 🌸



Photo: Whether it's a full-body workout or a bike ride in the park, movement is vital to maintaining joints and muscles, contributing to your overall health

Photo Courtesy: Pixabay

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# The CORRIDOR CALENDAR

February 8

## Continental Women's Club

APASWFL (Asian Professionals Association of SWFL) presents the 16th Annual SWFL AsiaFest "Year of the RAT" Celebration. The Festival will showcase crafts, customs & cultures from countries and ethnic regions from all over Asia. Featuring a Medley of Delectable Asian Cuisine, Domestic & Asian Imported Beer, Enticing Specialty Vendors, Japanese Taiko Drummers, Traditional Lion Dancers, Martial Arts, Tai Chi Demonstration, Alluring Multi-Cultural Dances from China, Korea, Indonesia, Turkey, Bollywood, Philippines, & the Pacific Islands. Plus featured Guest Speakers, Artists, Comedians & more.

**WHERE:** Alliance for the Arts | 10091 McGregor Blvd, Fort Myers, FL

**TIME:** 10:00 AM - 4:00 PM

**COST:** \$5.00

**MORE INFORMATION:** <https://www.eventbrite.com/e/2020-asiafest-year-of-the-rat-celebration-tickets-79201579055>

February 8

## Food Trucks and Craft Beer

Join us for the Edison Festival of Light Food Trucks and Craft Beer event! Attendees will experience mouth watering cuisine by some of the most creative food trucks with different craft beers available from our friends at Budweiser! There will also be entertainment throughout the event by some of the local area's greatest artists!

**WHERE:** Downtown Fort Myers | Edwards Drive and Hendry Street Fort Myers, FL 33901

**TIME:** 12:00 PM - 7:00 PM

**MORE INFORMATION:** <http://www.edisonfestival.org>

February 15

## Edison Festival of Light Grand Parade

Since 1939, the two-hour extravaganza begins on Edwards Drive and concludes at Edison Stadium at Fort Myers High School. The Grand Parade is one of the largest night parades in Florida featuring more than 140 participating units, including magnificent lighted floats, bands, special marching units and more. Named as the largest night parade in the Southeast year after year, the Grand Parade is a two-hour extravaganza featuring national participants and local marching bands, floats, local government and law enforcement officials, clowns and much, much more. The parade brings the entire Southwest Florida community out in celebration of the life and achievements of our local winter resident, Thomas Edison. Spectators come from near and far to enjoy this event and often begin marking their viewing spot weeks in advance!

**WHERE:** Fort Myers High School | 2635 Cortez Boulevard, Fort Myers, FL 33900

**TIME:** Parade starts at 7:00 PM from Fort Myers High School

**COST:** FREE!

**MORE INFORMATION:** <https://www.eventcrazy.com/Fort-Myers-FL/events/details/26677-Edison-Festival-of-Light-Grand-Parade>

February 15

## Rotary Arts and Crafts Fair

Over 100 local, national and international artists at this weekend's arts and crafts festival. Enjoy art, a food court, and fun!

**WHERE:** Sanibel Community House | 2173 Periwinkle Way, Sanibel, FL

**COST:** FREE!

**MORE INFORMATION:** <https://www.fortmyers-sanibel.com/event/rotary-arts-and-crafts-fair/66681>

February 21 - February 23

## Greek Fest

Greek Fest host a great display of authentic Greek food and wine, music, dancing, and share the beauty of our Greek Orthodox Faith. This festival is not only about music, dance, wine, food, and family fun. It is also about coming together as friends, having a good time and saying, thank you to our community.

**WHERE:** Annunciation Greek Orthodox Church | 8210 Cypress Lake Dr, Fort Myers, FL

**TIME:** Friday: 11:00 AM - 11:00 PM | Saturday: 11:00 am - 11:00 PM | Sunday: 11:00 AM - 7:00 PM

**COST:** Adults \$5 for the entire 3-day weekend | Children under 12 years old are free

**MORE INFORMATION:** <http://greekfestfortmyers.com/>

February 22

## Bonita Brew Fest 2020

Enjoy UNLIMITED 3 oz. samples of some of the best craft brews from Florida and beyond. The 6th Annual Bonita Brew Fest, held at Riverside Park, offers the perfect environment to explore new styles and find your next favorite brew. There will be a variety of craft beers, hard ciders and meads available to tempt your palate. Plus, we will have a variety of Food Trucks onsite with their cuisine available for purchase. Enjoy live music! Bonita Brew Fest is hosted by the Southwest Florida Brew Crafters with proceeds to benefit the Bonita Springs Historical Society. Only 1800 General Admission Tickets and 125 VIP Tickets will be sold.

**WHERE:** Riverside Park | 10450 Reynolds St, Bonita Springs, FL 34135

**TIME:** 4:00 PM - 7:30 PM

**COST:** \$17-\$75

**MORE INFORMATION:** [www.bonitabrewfest.com/](http://www.bonitabrewfest.com/)

February 27- March 8

## Southwest Florida & Lee County Fair

Southwest Florida & Lee County Fair will feature activities like share the fun talent contest, youth citrus project, fashion review competition, chicken bbq cook-off, youth royalty, hay bale decorating competition, and club booth competition.

**WHERE:** Lee Civic Center | 11831

Bayshore Rd, North Fort Myers, FL

**MORE INFORMATION:** [swflcfair.com](http://swflcfair.com)

Fort Myers, FL 33912

**TIME:** 9:00 PM

**COST:** FREE!

**MORE INFORMATION:** [www.SWFLConcertBand.org](http://www.SWFLConcertBand.org)

FEBRUARY 2020 -  
Sudoku Solution

8	1	7	2	9	3	4	6	5
6	2	5	1	7	8	3	9	4
9	3	4	8	6	5	7	2	1
5	8	9	4	2	1	7	6	3
1	7	2	6	5	8	3	9	4
4	6	9	3	1	7	5	8	2
3	9	6	4	8	1	2	5	7
7	4	8	5	2	9	6	1	3
2	5	1	7	3	6	9	4	8

8			9	3				2
		9					4	
7		2	1				9	6
2							9	
	6						7	
	7				6			5
	2	7			8	4		6
	3					5		
5				6	2			8

Solution in corner of page 7

# MORE TO CELEBRATE!

Dates & descriptions provided by [www.holidayinsights.com](http://www.holidayinsights.com)

February 4

## Thank A Mailman Day

Thank Your Mailman Day is your chance to say thanks to the guy, or gal, who delivers your mail. After all, your mail carrier delivers your mail six days a week. They are a hardy lot. The reliable postal worker is always there doing their job, regardless of the weather. You'll find some mail carriers on walking routes, wearing shorts in all but the coldest of winter days. Did you know? Pony Express riders were the most famous early American "mailmen". Their motto was "Neither rain, nor snow, nor death of the night, can keep us from our duty". This motto is believed to be taken in part from a motto dating back to ancient times. Among the most popular variation is "Through rain or snow, or sleet or hail, we'll carry the mail. We will not fail".

February 9

## National Pizza Day

Why, this is an absolutely great day, as it is National Pizza Day. The vast majority of people, in America and around the world, love pizza and eat it on a regular basis. It is very versatile, with a huge assortment of things you can put on it, including meats, vegetables and fruits. And, don't forget the fish.. Anchovies! With all this variety, there is a pizza for just about everybody. Pizza is eaten for breakfast (often cold), lunch, dinner and as a late night snack. It is a very popular food for parties and events.

February 17

## Random Acts of Kindness Day

Today is Random Acts of Kindness Day. And, you know what to do...perform a few random acts of kindness. Almost any kind deed will do. And, we highly recommend you perform kind acts on as many people as you can. This is a favorite day of many people and groups. People like the idea of showing a little kindness to others. Its a fun and good thing to do. And, they like being on the receiving end of this day as well. It makes both the giver and the receiver feel good. Schools have used this day as an educational event, and to promote the value of kindness. Organizations have used this day to promote their cause, and for fundraisers.

February 18

## Drink Wine Day

Now here's a day we all can enjoy, assuming you are 21 or older, of course. Today is National Drink Wine Day. Go down to the wine cellar, or the nearest liquor store, and select a very fine wine. Or, go rent a limo and go on a winery tour. We all know that apples were the first fruit, in the garden of Eden. Grapes were most likely there, too. It was probably soon after, that wine was discovered. This author envisions an early Cave Man, finding some grapes that he had stored in his cave. His kids had accidentally stomped on them some time before, while playing in the cave. Food was scarce back then. Our Cave Man drank the juice lying in a puddle on the shelf, and the rest is history!



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Annamaria C.



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