

Tell them you saw it in
The Apopka Chief

NOTICE OF MEETING
NOTICE is given that the West Orange Airport Authority Board will meet Wednesday, January 25, 2012 at 10:00 a.m., in the Winter Garden City Hall, Winter Garden, Florida. The Board will discuss the business of the establishment of a General Aviation Airport in West Orange County.
R. Patrick Phillips, Board Member
200 N. Thornton Avenue
Orlando, Florida 32801
Telephone: 407/425-7676
Fax: 407/425-7679
January 20, 2012 134312

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Early voting will be at Apopka VFW

Early voting for the Presidential Preference Primary will be held Saturday, January 21, to Saturday, January 28, from 10 a.m. to 7 p.m. at the Apopka Community Center/VFW and nine other sites throughout Orange County. The Apopka site is located at 519 S. Central Ave., southeast corner of Fifth Street and Central Avenue.

In the primary, registered Republicans will pick their choice to be the GOP nominee to challenge President Barack Obama in November. Mitt Romney narrowly lost the Iowa caucus to Rick Santorum and then won the primary in New Hampshire.

Romney is also leading in polls for the upcoming South Carolina primary, which is scheduled for Saturday, January 21.

There are nine names

on the ballot, but four have already dropped out of the race, including Michele Bachmann, Herman Cain, Jon Huntsman, and Rick Perry. In addition to Romney, the others on the GOP ballot are Newt Gingrich, Gary Johnson, Ron Paul, and Rick Santorum.

The actual primary voting day is Tuesday, January 31, with voting at normal polling precincts throughout Apopka and the rest of Orange County.

In addition to the Republican primary, there is an Orange County referendum asking voters to say yes or no to a question that would give the Orange County Commissioner power to grant property tax exemptions for new and existing businesses that would create full-time jobs in the county.

Carter: She was involved in many groups

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toes with her to keep up with her and I don't think you could ever get ahead of her," Cowles said.

Born in Henderson, North Carolina, Carter began at Wake Forest College at age 16. She married and moved to Central Florida in 1959, raising her five children.

Carter was involved in many organizations in Central Florida, serving as president of the American Business Women's Association and sat on the Central Florida Council of the Boy Scouts of America where she was honored with the highest award possible, the Silver Beaver. She was also involved with the Women's Resource

Center, Florida House, Orange County Farm Bureau, Public Broadcasting System, and Emily's List.

Carter was involved in various professions throughout her life, including being a poultry farmer, foliage nurserywoman, Democratic Party leader, and politician. She was elected president of IACREOT, the International Association of Clerks, Recorders, Election Officials, and Treasurers.

As a Democratic leader, Betty was a delegate to the 1964 Democratic National Convention, which nominated Lyndon Johnson as the Democrat Party's presidential candidate.

Valery Carter Tucker said her mother was an "amazing

chef and seamstress and loved art, opera music, and dancing. "Most of all, she felt deeply about her family and the political process of the United States of America. She was adamant that every individual be able to express their personal beliefs through the right to vote. That was the driving force in her life," Tucker said.

In addition to Tucker, Carter is survived by sons William, Stephen, and Robert, as well as daughter Sharyn Carter-Hill. Carter was known as Big Momma to her six grandchildren, Christina Carter Hubert, Keri Keenum Greene, Bradley Neil Harden, Morgan Elizabeth Tucker, Gregory Franklin Tucker, Dalton Kennedy Carter, and six great-grandchildren.

Grants: Money is given through a collaborative effort

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improve the lives of youth in Central Florida," said Orlando Magic CEO Alex Martins. "It is only possible through a collaborative effort of this community, the DeVos family, our players,

coaches, staff, corporate partners and season ticket holders that we are capable of distributing \$1 million for the second consecutive year. We especially want to recognize and thank those who work every day with the youth of our community...they are the true heroes."

Happy 90th Birthday!

Erlene Spudis, her daughter from an Apopka resident for the past 15 years, celebrated her 90th birthday Saturday, January 14.

Celebrating with her were lots of friends and relatives. Her son-in-law Siggy from Phoenix. Erlene worked for Susan and her father Jim Frisby for 40 years before retiring at the age of 75.

Erlene was born in Kentucky, raised in Indiana and lived a great deal of her life in Phoenix. Her late husband Frank was a military man and so they had lived all over the country and even in foreign countries before settling in Phoenix where Frank passed away in 1980.

Erlene has four children, Travis (deceased), Linda, Paul and Jean. She also has five grandchildren, eight great-grandchildren and six great-grandchildren. Erlene is loved by many.



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(PG13) 1:20; 4:20; 7:20; 10:10
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(PG13) 1:10; 4:00; 7:05; 9:50
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If you are not a subscriber, you may purchase The Apopka Chief at the following locations in and around Apopka

- 7-11, Highway 436 & Thompson Rd.
- 7-11, Highway 441 & Piedmont-Wekiva Rd.
- 7-11, Highway 441 (Errol Pkwy Errol Estate entrance)
- Albertson's, Highway 436
- Albertson's, Highway 441
- AM-PM (BP) Highway 441, Downtown
- Apopka Chief rack, 439 W. Orange Blossom Trail
- Apopka High School
- Beekays, Hwy 436 (across from Fla. Hosp.)
- Century Link headquarters, SR 436
- Chuck's Wagon, Park Av.
- Circle K, Ocoee-Apopka Blvd.
- Circle K, Park Ave.
- Citgo, 441 & Boy Scout Rd (Plymouth)
- Citgo, Rock Springs Rd.
- Citgo, SR 436
- Citgo, Highway 441 & Bradshaw Rd. (across from The Apopka Chief)
- CVS - corner of Park Av & Hwy 441
- CVS, corner SR 436 & Wekiva Springs Rd.
- Diamond Gas - Hwy 441 & Plymouth-Sorrento Rds
- Discount Beverage & Smoke (Across from Checkers, Highway 441)
- J&M Grocery, Highway 441 & Orange St. in Plymouth
- Jamaican Restaurant, Hwy 441 (near 429)
- Kangaroo, Sheeler Rd at corner of Apopka Blvd.
- Kangaroo/Marathon, Votaw & Thompson Rds.
- Kangaroo, S. Park Avenue
- Kangaroo, Rock Springs Rd & Kelly Park Rd
- Kangaroo, Welch Rd & Wekiva Springs Rd.
- Kangaroo, Zellwood, Highway 441
- Marathon, Highway 436
- McDonald's, Rock Springs & Welch (Publix center)
- McDonald's, Highway 441 (downtown)
- Mystik Store, Highway 441
- Orange County Service Center, Rock Springs Rd.
- Parten's Convenience Store, S. Central
- Perkins Restaurant (Hwy 441, in Victoria Plaza Parking Lot)
- Plymouth Post Office, Plymouth/Sorrento Rd
- Plymouth Woodshed Restaurant (Highway 441 & Boy Scout Rd)
- Porkies BBQ, Highway 441
- Post Office, Rock Springs Rd.
- Publix, Park Ave/Rock Springs Rd. & Welch Rd.
- Robinson's Restaurant, Highway 441 & Hawthorne
- Sam's Discount, Overland & Apopka Blvd.
- Save-A-Lot, SR 436 at Sheeler
- Starbucks, Hwy 441 downtown Apopka
- Sun Resort, 3000 Clarcona Rd.
- Sunoco Happy Foods, Hwy 441 & Plymouth-Sorrento Rd.
- Sunrise Market, Hwy 441 & Roger Williams
- Tangerine Post Office
- UPS Store (The), Rock Springs & Welch Rd. (Publix shopping center)
- Walgreens, corner of Park Ave and Hwy 441
- Walgreens, Park Ave and Welch Rd.
- Walmart, Hwy 441
- Wekiva High School, Hiawasse Rd.
- Winn Dixie - Hwy 441 (beside Lowe's)
- Zellwood Station (inside MHP) Zellwood Truck Stop Diner, Highway 441

Call 407-886-2777 for information

9/27/11

Healthy 100 Corner:

Keeping the community informed on health topics that lead to living a longer, fuller life.

100-Calorie Packs: Friend or Foe?

Find out if these little goodies actually help a diet!

Florida Hospital Apopka offers the community easy tips for a healthier lifestyle. When buying groceries or selecting diet snack items, how do you know if what your food is lacking calorie-wise, it's making up for it in something else? The Florida Hospital Center for Nutritional Excellence team and manager Sherri Flynt point out tips for outsmarting your diet.

The bummers of these little wonders....

When you buy a full bag of pretzels, the cost is about 17 cents an ounce. Divided into 100-calorie packs, the same pretzels you bought cost nearly 40 cents an ounce, which amounts to more than double. Many 100-calorie pack items are free of trans-fats and low in sugar, but experts say that they shouldn't be confused with nutritious snacks. One reason is that they are highly processed, and therefore are not as good for you as fresh fruits and

vegetables. They lack fiber, vitamins, minerals or protein, and the sugars in them tend to fill you up less. This could potentially lead to overeating, since people sometimes have the mentality of "I'm going to have another one because I'm hungry and it's only 100 calories."

100 Calorie Alternatives: ways to be smart about indulging...

Since people enjoy the convenience of being able to "grab 'n go," it is easy to want 100-calorie packs. If you choose to indulge in 100-calorie packs, note that it is the perfect snack to grab when you are running out the door as long as you can discipline yourself. Try taking only one out with you for a quick snack or little boost of energy. It is also perfect for people who are satisfied with curbing their craving by eating just 100 calories of that item. Otherwise, try these healthier alternative snacks that are just as easily a "grab 'n go" item as the Oreos!

- Fudgsicle 100 Calories

- Mott's Apple Sauce
- Stonyfield Farm Light yogurt
- Earthbound Farm Organic Mini Peeled Carrots with Ranch Dip
- Sun Chips (100 calorie)
- Yoplait Light Smoothie
- South Beach Diet Snack Bar Delights
- South Beach Diet Whole Wheat Crackers
- Campbell's Soup At Hand Blended Vegetable Medley
- Barbara's Organic 100 Calorie Mini Cookies
- Cracker Barrel 2% Milk Cheddar Cheese Sticks

Final key tip: If you eat something salty, pair it with 1 ounce of cheese. If you eat something sweet, pair it with an 8-ounce glass of skim milk or a non-fat Greek yogurt. According to dieticians, adding protein will satisfy you more and you will be less likely to open another pack.

Have topics you'd like to see featured?

Contact: donny.hodges@flhosp.org

All About Apopka

The Apopka Chief

Established 1923 (USPS 545-440)

The Apopka Chief is published every Friday and entered as Periodicals, postage paid at Apopka Post Office, under the Act of Congress of March 3, 1879. The Apopka Chief newspaper is published by Foliage Enterprises, Inc., every Friday at 439 W. Orange Blossom Trail, Apopka, Fla., 32712-3417. An annual subscription is \$18 in Orange County and \$23 outside Orange County. Phone 407-886-2777. Postmaster: Send address changes to The Apopka Chief, P.O. Box 880, Apopka, Fla., 32704-0880.

The Apopka Chief is a consistent award-winning community weekly newspaper and a member of the Florida Press Association. The newspaper won the group's award as its best newspaper in 1982, 1987, and 1988, the only three-time winner. Letters to the editor are welcome, but must be signed and include a daytime telephone number, address, or email address for verification. Management reserves the right to edit letters.

www.theapokkachief.com, news@theapokkachief.com



City of Apopka Telephone Numbers

City Hall	407-703-1700
Mayor's Office	407-703-1703
City Clerk	407-703-1704
Community Devel.	407-703-1712
Code Enforcement	407-703-1738
Finance Dept.	407-703-1725
Fire Chief	407-703-1750
Fire (non-emerg.)	407-703-1756
Parks and Rec. Dept.	407-703-1741
Police Chief	407-703-1789
Police (non-emerg.)	407-703-1771
Job Line	407-703-1721
Solid Waste Collect.	407-703-1731
Street Maintenance	407-703-1731
Utility Billing	407-703-1727
Medical, fire emergency	911

The city of Apopka was chartered in 1882. It is located at 28°30 north latitude and is 150 feet above sea level. Its population is nearly 40,000 and its total area is more than 30 sq. mi.

www.apopka.net

Orange County Telephone Numbers

Animal Services	407-254-9140
Auto/Boat Tags	407-836-4145
Building Dept.	407-836-5760
County Chairman	407-836-7370
County Commission	407-836-7350
County Attorney	407-836-7320
Clerk of the Court	407-836-2065
Elections Supervisor	407-836-2070
Fire/Rescue	407-836-9111
Garbage Collecting	407-836-6601
Health Dept.	407-836-2600
Hunting/Fishing Lic.	407-836-4143
Parks and Rec. Dept.	407-836-6280
Property Appraiser	407-836-5000
Sheriff Administrative	407-254-7000
Non-Emerg. Complaint	407-836-4357
Utilities	407-836-5515
All other departments	407-836-3111
Medical, fire emergency	911

www.orangecountyfl.net

Other Area Numbers of Note

U.S. Senators	
Bill Nelson (Dem.)	407-872-7161
Marco Rubio (Rep.)	1-202-224-3041
U.S. Representatives	
Corrine Brown (Dist. 3)	407-872-0656
Daniel Webster (Dist. 8)	407-654-5705
Sandy Adams (Dist. 24)	1-386-756-9798
State Representatives	
Bryan Nelson (Dist. 38)	407-884-2023
Scott Plakon (Dist. 37)	407-262-7520
State Senators	
Andy Gardiner (Dist. 9)	407-428-5800
Gary Siplin (Dist. 19)	407-297-2071
Orange County Public Schools	
Pupil assignment	407-317-3233
Bus routes	407-317-3800
Superintendent	407-317-3202
School Board	407-317-3236
Miscellaneous	
The Apopka Chief	407-886-2777
Museum	
Museum of Apokkans	407-703-1707