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Healthy 100 Corner:

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

Manage Stress This Holiday Season

With shopping mall chaos, in-laws visiting and strings of lights that just won't untangle, it is no wonder that many people experience more stress during the holiday season. Some people put too much pressure on themselves to create the perfect holiday atmosphere, like Chevy Chase in Christmas Vacation.

For others, the holiday season serves as a painful reminder of loved ones they have recently lost. Dr. Jason Salagubang, family medicine and geriatric specialist at Florida Hospital Apopka, provides some thought on how to manage your stress this holiday season.

Q: What are common symptoms of people who are experiencing holiday stress?

A: Many people come into my practice with vague complaints of abdominal pain, chest pain and shortness of breath, but often when you get to the

heart of the matter you find that they are going through great emotional distress.

Q: How do you know the difference between holiday stress and actual clinical depression?

A: It only becomes dysfunctional when it interferes with your daily functionality. All of us experience stress, so it is important we find individual ways to relieve the pressure in our lives.

Q: What are some ways you can relieve stress during the holidays?

A: It's different for everyone. It's important to make time for the basics: exercise, eat right, get plenty of rest and drink plenty of water. And if you start to feel overwhelmed, think strongly of seeing a therapist or life coach to help deal with your stress.

Q: What are your thoughts on alcohol during the holidays?

A: Especially for the

elderly, it is important to limit alcohol consumption to one alcoholic beverage every two or so days.

Q: As a geriatric specialist, what is the best way to help a family member with dementia during the holidays?

A: The most important thing with dealing with loved ones who have dementia is to keep a routine. Make sure you keep his or her routine steady, like mealtimes, medication dispensing and bed times even during the hustle and bustle of the holiday season.

Although the holiday season can be stressful, eating right and exercising can improve your overall mood and make your holiday experience a positive one.

Have topics you'd like to see featured?

Contact: donny.hodges@flhosp.org

Parade: Evening events also planned

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Marshall's Best of Theme."

Ross, a communications specialist, was former chairwoman of the Apopka Area Chamber of Commerce, and is currently employed in market-

ing and communications for Florida Virtual School.

Hewell, a well-known philanthropist and former educator, has been involved in Central Florida real estate and helped her husband build A.T.A.P. Companies.

She is currently chief executive officer of the 29-year-old business.

Kincaid, who holds a master's degree in music education from UCF, has performed with the London Symphony Orchestra, taught at Rollins College and directed of the Bach Festival Youth Choir.

"The judges will grade in four categories," said Deviese, "theme, appearance, creativity and execution."

Later, from 4-6 p.m., Kit Land Nelson Park will be transformed into a Winter Wonderland for Mayor Land's Tree

Lighting Ceremony. A children's choir will perform, there will be photos with Santa, and snowfall, no matter the temperature.

"The city's new Christmas tree will be lit as the sun sinks down, creating the perfect setting for seeing a movie in Kit Land Nelson Park," said Ashley Greene, events coordinator. "We'll host a screening of 'Polar Express,' a family holiday movie, which will begin promptly at 6:30 p.m."

The movie is expected to be finished at approximately 8 p.m. Greene said a Facebook page, www.facebook.com/apopkaswinterwonderland, would give the most up-to-date details.

For more information about the parade, call 407-886-4331 or visit www.foliagesertoma.com.

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NOTICE OF MEETING
 NOTICE is given that the West Orange Airport Authority Board will meet Wednesday, December 14, 2011 at 10:00a.m., in the Apopka City Hall, Apopka, 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
 December 9, 2011 133582

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Landfill: Company issues statement on committee

Continued from page 1A

County solid waste system. The committee will include representatives from other municipalities in Orange County.

"I am thankful for Mayor Land's visionary leadership," said Mayor Jacobs. "I heard his concerns about the difficulty of paying ever-rising tipping fees during these tough economic times and I am convinced that by working together, we can reduce the cost burden for solid waste disposal for all Orange County citizens."

In a letter to the editor printed on page 5A of this edition of *The Apopka Chief*, Mayor Land also praised Jacobs. "We had a great meeting with Orange County Mayor Teresa Jacobs. She had a different approach to solving the problem than others had shown," he wrote.

"We appreciate Mayor Jacobs' visionary leadership in trying to resolve various concerns. Hopefully, we are on the right track to saving tax dollars for both county and city residents on garbage."

Waste Management issued the following statement via email:

"On Oct. 19, the city of Apopka approved a host agreement with Waste Management. This was the first step in a

lengthy process to convert the Vista Landfill, a Class III location accepting construction and debris waste, into the Vista Environmental Park, which would include a Class I landfill. Upon approval of the host agreement, the city of Apopka and our company anticipated the need to work with all interested stakeholders prior to filing any required permit applications, including communicating long-range plans for the site, the environmental protections to be employed and benefits of the project.

"Waste Management believes that the Vista Environmental Park would benefit Apopka and surrounding communities and offer material efficiency gains in the area's overall solid waste management and disposal system. On Dec. 2, the mayors of Apopka and Orange County agreed to set up a joint governmental committee. Waste Management looks forward to and supports this dialogue and process so that the Vista Environmental Park may offer its benefits to the city and the area."

The Orange County press release said the mayors pledged to work together along with other municipal leaders to find ways to operate the main Orange County landfill more efficiently to benefit all residents.

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All About Apopka

The Apopka Chief
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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 of Apopkans 407-703-1707