



The Schroeder Dental Group is providing outstanding oral care for people of all ages

Your smile is one of the first things, if not the first thing that someone notices about you. Whether you're meeting up with friends, or visiting with family, you want your smile to dazzle and shine for all to see.

However, for many, this isn't the case. Between chips, cracks, misalignment, discoloration, and missing teeth, your smile might not have the appearance you wish it could be. The good news is that you're not alone – many people experience some form of cosmetic or functional issue with their smiles throughout their lives. There's no need to worry. There are plenty of ways to achieve a more beautiful smile, and that can start with a visit to the **Schroeder Dental Group**.

In 2006, Dr. Schroeder graduated from the University of Florida's College of Dentistry with a Doctor of Medicine in Dentistry (DMD) and began her private practice that same year. For 18 years, she has faithfully served the needs of Apopka residents by providing exceptional oral health care for patients of all ages. Entire families come to the **Schroeder Dental Group** for their dental care needs. Her number one calling card is that she treats patients like people, not numbers. She delivers personalized treatment plans that are in the best interest of you, the patient, each and every time. You'll never feel rushed or overlooked.

The **Schroeder Dental Group**

offers everything from routine cleanings and fillings to complex dental work, such as root canals. Her patients have come to appreciate her kind, compassionate manner and her emphasis on patient education. She even writes books on dentistry in her spare time, two of which you can find on Amazon. She is committed to repairing and enhancing your smile by utilizing state-of-the-art techniques with long lasting results. Her and her staff's mission is to ensure that all of their patients are comfortable while they work on their great smile!

Dr. Schroeder emphasizes the need for regular dental visits. This will help keep your teeth and gums in good shape. Besides brushing and flossing, a biannual checkup might be the best thing you can do for your oral health. But, what you might not know is that there's a strong relationship between your oral health and your overall health.

Bacteria from untreated gum disease can actually spread infection to other parts of your body. Also, some non-dental conditions have symptoms that appear in the mouth. Dental examinations can reveal signs of vitamin deficiencies, osteoporosis, or more serious conditions such as diabetes or oral cancer.

The **Schroeder Dental Group** is Invisalign® certified. Invisalign® (braceless braces) is one of the latest offering for orthodontics. This is the ideal solution for patients who have

their permanent teeth. The product is virtually invisible and removable for meals, brushing, and flossing. They also offer Zoom! Whitening which can help you achieve that beautiful smile.

Dr. Schroeder uses the Waterlase MD Laser for both hard and soft tissues, such as teeth and bone. The Waterlase MD Laser can be used to treat cavities, in many cases without the patient having to receive the shots to be numb. Most patients only feel the cool water spray of the laser.

The Waterlase MD Laser can also be used for soft tissue procedures, such as reshaping the gum tissue for a more aesthetic appearance and periodontal procedures. One benefit of utilizing the laser for soft tissue procedures is minimizing post-operative discomfort.

The Diagnodent is a laser that can detect cavities at their very smallest size. By using this technology, **Dr. Schroeder** is able to target and treat all of your small problem areas before they turn into larger issues that require more complicated procedures.

The **Schroeder Dental Group** provides digital imaging with minimal radiation and immediate results. The digital images can be

seen from every patient room and be immediately available to the patient.

You can rest assured in knowing **Dr. Katrina Schroeder's** dental practice offers you a comprehensive approach to you and your family's entire dental care needs. Whether it's a routine check-up or an advanced procedure, her staff is trained in the newest dental techniques, and ensures your visit is a comfortable one. They have the most up-to-date dental technology and treatments and gladly accept most insurance plans. Plus, they offer a payment plan that allows patients without dental insurance to afford the best possible dental care.

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Boost your diet with these powerhouse foods



A nutritious diet is a key component of a healthy lifestyle. That's an important thing to remember for people looking to turn over a healthier leaf and accomplish their long-term wellness goals.

Avoiding certain ingredients, like saturated fats and added sugars, and choosing foods known for their nutritional benefits is one way individuals can utilize diet to live healthier. Although such foods cannot entirely eliminate risk for certain diseases or make a person invincible, eating more of them certainly can benefit individuals' overall health.

· **Kale:** Kale long has had a place on healthy eating lists. Kale is a good source of vitamins A, C and K, and also contains alpha-linolenic acid, which is an omega-3 fatty acid. Studies show kale can help combat heart disease and cancer, and also boost eye health by reducing risk for cataracts and macular degeneration. Kale is not the only dark, leafy green vegetable that has earned superstar status. Swiss chard, spinach, collard greens, and turnip greens are equally beneficial.

· **Berries:** There is strong antioxidant capacity associated with berries that helps reduce the risk of heart disease and other inflammatory conditions. That's why blueberries, strawberries, blackberries, raspberries, and cranberries are so revered by nutritionists. They're also great sources of fiber, vitamins and minerals.

· **Honey:** This natural sweetener is a powerful ally to animals and insects. Honey is one of the most appreciated and valued natural products. Since ancient times, honey has been used therapeutically due to its antioxidant, antimicrobial, anti-inflammatory, and antiproliferative effects.

· **Walnuts:** Studies have found that those with higher nut consumption have improved cardiovascular risk factors and lower rates of cardiovascular disease. Nuts are an important part of the Mediterranean diet, which has been found to be heart healthy as well. Walnuts are a particularly good choice for lowering LDL cholesterol, triglycerides and apoprotein B (a protein linked to cardiovascular disease).

· **Legumes:** Legumes,

also known as pulses, include beans, lentils, peas, peanuts, and alfalfa. Legumes are full of nutrients, like minerals, protein, fiber, and B vitamins. Healthline notes legumes also improve feelings of fullness, which may help people eat less at each meal.

· **Teff:** Not too many people have heard of teff, which is a very small grain that is a dietary staple in parts of eastern Africa. Teff is high in the nutrients iron, magnesium, zinc, calcium, and vitamin C. Teff also contains ample protein and fiber. Teff also is gluten-free, so it can be ground and used in place of other flours in cooking.

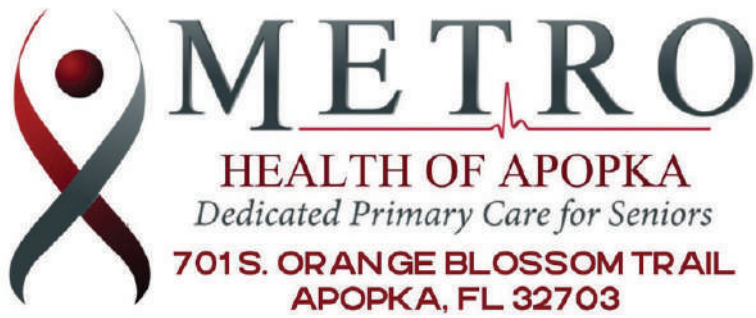
· **Kefir:** Fermented foods and beverages have garnered increased attention recently because of their effect on helping maintain gut health. Kefir is loaded with vitamins, minerals and nutrients. It is a fermented milk that boasts higher concentrations of probiotics than some other fermented foods, like yogurt. Kefir has approximately 12 active probiotic strains.

These nutrient-rich foods can make great additions to health-conscious individuals' diets.



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It's key to keep stress at a minimum for personal well-being. These strategies can help you avoid significant stress.

Stress is a significant public health challenge. The Centers for Disease Control and Prevention says mental health problems may occur as more adults deal with stress. In a recent report, more than 32 percent of adults in the U.S. reported having symptoms of anxiety or depression in the last two weeks.

The stress response gets a person through tough times, as the body rallies to evade a threat. Typically, when the danger subsides, the body can go back to business as usual. However, when stress is ongoing, it can cause harm like chronic inflammation. In addition, the constant activation

of the immune system raises the risk for many adverse health effects, including heart disease and stroke.

Men and women experience stress differently. In response to significant life stress, men are more likely than women to experience effects on the cognitive processes like memory. High job insecurity is a notable stress trigger for men.

It's key to keep stress at a minimum for personal well-being. These strategies can help.

1. Get active: Exercise will not make stress disappear, but it can relieve some of the emotional responses and clear thoughts to let

you deal with problems more readily.

2. Use laughter: Harvard Health says laughter reduces stress hormones and is a way to experience joy, optimism and hope.

3. Reduce loud noises: Sometimes loud noises can trigger a stress response. It can make it hard to think and take you away from being mindful. Avoiding loud scenarios or wearing earplugs or noise-canceling headphones can help.

4. Avoid unhealthy habits: Some people turn to alcohol or smoking to deal with stress. Overall, these habits can exacerbate stress and lead to additional health problems.

5. Meditate: The Mayo Clinic says attention is focused to help calm the thoughts in the mind and give a sense of peace and calm. Meditation can include guided imagery, mindfulness and visualization exercises.

6. Connect with others: Meaningful relationships can create feelings of belonging. Feeling cared for and supported can help people cope with stress and be more resilient. Building connections involves reaching out to community, family or friends. Sometimes just talking things out with others as a sounding board can alleviate stress, especially when others share that they

have experienced similar situations.

Stress can be detrimental to men's overall

health. Taking steps to reduce stress can improve quality of life.



Hunt Club Medical Care is dedicated to one very important thing, keeping you healthy

Primary care plays an integral part in your overall health. Wellness visits, disease prevention, illness diagnosis and chronic disease management all begin with a dedicated primary care team. At Hunt Club Medical Care, they make it their goal to provide the best care for every patient every day. They're passionate about what they do. You'll be treated by people who offer care with confidence and kindness.

Often voted #1 Best in Apopka, their goal is to deliver the highest quality primary care and urgent care to their community. They strive to be distinctive. It's the combination of their passion for their patients and a depth of knowledge of the human body that often sets them apart.

Selecting a primary care physician is one of the most pivotal health-care decisions you can make. Hunt Club Medical Care combines traditional primary care services with preventive care to ensure your overall wellness is being taken care of. Whether you're in for a sick visit or routine care appointment, they're here to keep you on the path to great health.

For over 45 years, Hunt Club Medical Care has been caring for people and improving the quality of life in the community they serve. Their aim is to deliver the highest quality health care available in the area, and they've cared for many of those for decades. Their doctors are board-certified physicians in Internal Medicine and Family Practice.

Hunt Club Medical Care offers family care, urgent care, same



day appointments, well-woman exams, chronic disease management, preventative medicine, annual physicals, and on-site lab and x-rays.

The Hunt Club Medical Care facility is privately owned and operated by Dr. Michael Gordon. The goal of this medical facility is to provide comprehensive care to their patients. On staff are Michael Gordon M.D., Pinida Toochinda M.D., Kristen Consiglio PA-C, Whitney Dailey PA-C, Elisabeth Duer PA-C, and Roshani Levister PA-C.

The staff at Hunt Club Medical Care assures that every patient has access to the highest quality care, and they genuinely care for the comfort and well-being of their patients by treating them with courtesy, dignity, and respect. They're comprehensive in the response to the needs of their patients and consider themselves to be partners with their patients in their health care.

Hunt Club Medical Care is a family practice medical office and urgent care facility. Staff consists of long-term employees who are highly skilled at providing patients with personalized, concerned care.

Their award-winning electronic medical records (EMR) system allows the clinicians to quickly locate and maintain each pa-

tient's most up-to-date health and examination records through a laptop computer station in every room. They also have in-house digital x-ray and EKG testing on-site. In addition to the medical care, the clinicians perform school sports physicals. They are pleased to have a team of female clinicians who perform well-woman exams, including pap testing. A number of local businesses have selected Hunt Club Medical Care to provide care for their employees, including pre-employment exams and treatment for work-related injuries.

For your convenience, they operate on a walk-in basis; no appointment is necessary. Or you can schedule appointments when needed. Hunt Club Medical Care is staffed with two or three clinicians on duty to minimize the waiting time for patients.

They're open every day: Monday through Thursday, from 8 a.m. to 7 p.m., Friday, from 8 a.m. to 6 p.m., and Saturday and Sunday, from 8 a.m. to 4 p.m. They are conveniently located at 3191 E. Semoran Boulevard, across from Colonial Shoppes of Bear Lake. Call Hunt Club Medical Care at 407-788-6500 for more information and to ensure of your medical needs.

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Promoting heart health

Resolving to be physically active is an important step towards heart health and overall well-being. Exercise is one of the most effective tools for strengthening the heart and avoiding various illnesses, including high cholesterol, that can affect cardiovascular health, according to Johns Hopkins Medicine.

Although any exercise can be beneficial, there is a fitness recipe designed to be the most effective for strengthening the heart and helping it to work to its full potential. Here are the guidelines recommended by the American Heart Association and Johns Hopkins Medicine.

- Get 150 minutes per week or more of moderate-intensity aerobic activity or 75 minutes per week of vigorous-intensity aerobic activity, or a combina-

tion of both. These activities can include running, cycling, swimming, and others that will get the heart pumping.

- Incorporate moderate- to high-intensity muscle-strengthening activity at least two days a week.
- Strength training should be designed to work the entire body. It doesn't have to be traditional weightlifting, either. Body weight exercises, yoga, Pilates, and even tai chi can build strength and offer additional benefits like improving balance.
- Consider HIIT exercises. HIIT stands for high-intensity interval training, which involves exercising as hard as one can for a short period, and then resting briefly before exercising hard again for a short period. While there are many different HIIT programs, a popular one

involves exercising hard for four minutes, followed by three minutes of recovery time, for four cycles total.

- While stretching, flexibility and balance exercises do not directly affect heart health, they do help one stay flexible and free from joint pain and other issues that can sideline a person from exercise. Doing what one can to protect against falls and reduce risk of being sedentary will benefit the heart in the long run.
- Don't discount everyday activities in relation to how they can enhance heart health. Walking, gardening, playing with children, or tossing a ball to a family pet are beneficial aerobic activities.

Heart health is something to take seriously, and exercise plays a key role to strengthen the heart.

Author launches book about Wekiwa Springs birds

By Teresa Sargeant
Apopka Chief Staff

Local author and wild-life enthusiast Samantha Seebeck has launched her new book “Birds of Wekiwa,” on Amazon. This is a coffee table book that captures roughly 200 bird species of Wekiwa Springs State Park.

The book features vibrant photorealistic images and informative descriptions of the many birds that call the park home, offering readers a visual journey through one of the area’s most treasured natural spaces.

Seebeck, who moved to Apopka last March and

lives on Welch Road – across the street from Wekiwa Springs State Park – was inspired to put together “Birds of Wekiwa” while spending time outside with her son.

She drives by the park every day and tries to catch a glimpse of the wildlife there. Usually, she sees a deer, wild turkeys, or other wildlife, which inspired her to write more and go to the park more often.

“I’ve lived in the area my whole life and I never really gave it too much thought before, but as we were spending time outside and visiting the park and seeing all of the birds, I wanted to help him learn

how to identify them and what he was looking at, and also inspire him to look more instead of just passively enjoying the park, but to really look in and experience nature,” Seebeck said.

“So, I did a Google search and an Amazon search,” she continued, “and there are many excellent books about Florida birds and the great Florida birding trail and birds of the Southeast and all, but nothing specific to our park. So, I thought, ‘Well I’ve written other books for him before, but nothing like this before. I’ve just written picture books.’ I thought, ‘Well, I guess there’s a need for it.’ So, I went ahead, and I created the book.”

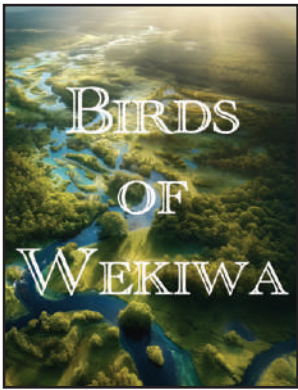
Seebeck’s roots go deep in the Apopka community. In “Birds of Wekiwa,” she has a blurb about

how her great-grandparents ran Johnson’s Fishing Camp on Lake Apopka.

The author discussed how earlier this month, her grandmother came to town and they drove by several sites including the house where her grandfather was raised. Seebeck herself grew up in the Dr. Phillips area and lived in Ocoee and Clermont before purchasing her house in Apopka.

Seebeck is a former teacher and librarian and is currently a stay-at-home mother. Among the other titles she has written is a series of children’s books called “The Awesome Series,” which delves into the world of ordinary objects like sprinklers, fans, and elevators.

“For my son, I did a series of books called ‘The Awesome Series’ because kids like trucks and dino-



Photos courtesy of Samantha Seebeck

Samanatha Seebeck’s new book “Birds of Wekiwa” captures about 200 bird species that call Wekiwa Springs State Park home. The book is available on Amazon.

saurs and dogs, and there are lots of books about those, but not my kid. My kid likes sprinklers, fans, elevators, weird things around the house like that. So, I made that series for him, illustrated and wrote it and released that as well. So, this (‘Birds of Wekiwa’) is definitely off my radar. It wasn’t something I intended to make, and it’s definitely not my usual style.”

Although “Birds of Wekiwa” is only available on Amazon, wider distribution is being sought through other book sellers, Seebeck said.

To learn more about Seebeck and to view more of her work, visit SamanthaSeebeck.com.

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SUDOKU ANSWERS
PUZZLE CAN BE FOUND ON PAGE 2B

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

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Puzzle Solution

A	C	E	D		F	T	C			M	O	B			
S	H	I	E	S		A	H	A		C	A	R	E		
L	I	R	A	S		S	E	N		A	R	A	D		
	C	A	F	E	S	T	O	N		N	A	N	A		
					A	M	E	R	I	C	A	S			
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M	O	A	B		D	K	M		S	A	B	E	R		
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N	E	B	N		N	E	E			R	A	B	I	A	
D	A	I			E	N	D			S	E	N	D		

The Crossword Puzzle is found on page 2B

Golden Chief

A FOCUS ON SENIOR CITIZENS

The primary election process ends with the national conventions of the political parties. Once the national conventions have been held, and the candidates from the political parties have been nominated and chosen, the presidential election begins in earnest as a contest between the candidates from the political parties.

Some people choose to run for President without being affiliated with a political party. Such independent candidates do not need the nomination of a political party, but they must meet other requirements. For example, independent candidates are required to

collect a large number of signatures to support their nominations and typically submit a qualifying petition.

The candidates campaign right up until Election Day, when the Nation finally votes for its President.

The candidates travel throughout the country, making public appearances and giving speeches. The parties and the candidates use advertising, direct mailings, telephone campaigns, social media, and other means to persuade the voters to choose one candidate over the other(s). Often, these measures also serve to point out the weaknesses of the candi-

dates from the other parties involved in the general election.

In this national Presidential election, every citizen of legal age (who has taken the steps necessary in his/her state to meet the voting requirements, such as registering to vote) has an opportunity to vote.

However, the President is not chosen by direct popular vote. The Constitution requires that a process known as the Electoral College ultimately decides who will win the general election. (emphasis added.)

The U.S. Constitution contains very few provisions relating to the qualifications of electors. Article II, section 1, clause 2 provides that no Senator or Representative, or Person holding an Office of Trust or Profit under the United States, shall be appointed an elector. As a historical matter, the 14th Amendment provides that State officials who have engaged in insurrection or rebellion against the United States or given aid and comfort to its enemies are disqualified from serving as electors. This prohibition relates to the post-Civil War era.

Each State's Certificates of Ascertainment confirms the names of its appointed electors. A State's certification of its electors is generally sufficient to establish the qualifications of electors.

Who selects the electors?

Choosing each State's electors is a two-part process. First, the political parties in each State choose slates of potential electors sometime before the general election. Second, during the general election, the voters in each State select their State's electors by casting their ballots.

The first part of the process is controlled by the political parties in each State and varies from State to State. Generally, the parties either nominate slates of potential electors at their State party conventions or they choose them by a vote of the party's central committee. This happens in each State for each party by whatever rules the State party and (sometimes) the national party have for the process. This first part of the process results in each Presidential candidate having their own unique slate of potential electors.

Political parties often choose individuals for the slate to recognize their service and dedication to that political party. They may be State elected officials, State party leaders, or people in the State who have a personal or political affiliation with their party's Presidential candidate. (For specific information about how slates of potential electors are chosen, contact the political parties in each State.)

The second part of the process happens during the general election. When the voters in each State cast votes for the Presidential candidate of their choice they are voting to select their State's electors.

The potential electors' names may or may not appear on the ballot below the name of the Presidential candidates, depending on election procedures and ballot formats in each State.

The winning Presidential candidate's slate of potential electors are appointed as the State's electors—except in Nebraska and Maine, which have proportional distribution of the electors. In Nebraska and Maine, the State winner receives two electors and the winner of each congressional district (who may be the same as the overall winner or a different candidate) receives one elector. This system permits Nebraska and Maine to award electors to more than one candidate.

Do electors get to vote twice for President?

Electors do not vote twice for President. When they vote in the November general election, they aren't electors yet; they are voting for themselves to be electors. They are the only ones who actually vote for President, which they do at the meeting of the electors (the first Monday after the second Wednesday in December).

Are there restrictions on who the electors can vote for?

There is no Constitutional provision or Federal law that requires electors to vote according to the results of the popular vote in their States. Some States, however, require electors to cast their votes according to the popular vote. These pledges fall into two categories—electors bound by State law and those bound by pledges to political parties.

The U.S. Supreme Court has held that the Constitution does not require that electors be completely free to act as they choose and therefore, political parties may extract pledges from electors to vote for the parties' nominees. Some State laws provide that so-called "faithless electors" may be subject to fines or may be disqualified for casting an invalid vote and be replaced by a substitute elector. The Supreme Court decided (in 2020) that States can enact requirements on how electors vote. No elector has ever been prosecuted for failing to vote as pledged. However, several electors were disqualified and replaced, and others fined, in 2016 for failing to vote as pledged.

It is rare for electors to disregard the popular vote by casting their electoral vote for someone other than their party's candidate. Electors generally hold a leadership position in their party or were chosen to recognize years of loyal service to the party. Throughout our history as a nation, more than 99 percent of electors have voted as pledged. (emphasis added.)

The National Association of Secretaries of State (NASS) has compiled a brief summary of State laws about the various procedures, which vary from State to State, for selecting slates of potential electors and for conducting the meeting of the electors. You can download the document, “Summary: State Laws Regarding Presidential Electors,” from the NASS website .

If the electors vote for President, why should I vote in the general election?

During the general election your vote helps determine your State's electors. When you vote for a Presidential candidate, you aren't actually voting for President. **You are telling your State which candidate you want your State to vote for at the meeting of electors.** The States use these general election results (also known as the popular vote) to appoint their electors. The winning candidate's State political party selects the individuals who will be electors.

<https://www.archives.gov/electoral-college/electors#why-vote>

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 Apopka 32712. Cash, check or credit cards are ok for payment.*

Just in time, a pumpkin dessert that looks easy to mix and bake

Bob Warden says his recipe for BBQ Beef Tips in his book “Great Food Fast,” is about as simple as barbecue gets! With such tender cuts of beef in a homemade sauce, you’d never believe it was cooked in only 15 minutes. Best served over rice (but mashed potatoes are good, too).

From *A Taste of Heaven*, published by First Presbyterian Church of Punta Gorda, a recipe for Scampi and Angel Hair calls for a pound of deveined and peeled shrimp.

From *Charleston Receipts*, we have Mrs. Barkley’s Curried Rice. She likes to make her stock by boiling chicken necks. If you prefer to use plain old canned chicken stock, we will forgive you! Judging from her directions regarding picking over the rice and not washing it, I assume this is a very old recipe from long before we had the lovely ready-to-cook rice we have today.

Susie Sams’ Mexican Black Bean Salad, is another delicious recipe we have from a *Taste of Heaven*.

Here is a recipe for Sour Milk Doughnuts from *The Original Country Cookbook* put out by Paragon Products in 1976.

Barbara Ritshie shares her pumpkin dessert in New Vision’s *Feeding the Flock*. It looks interesting and should be good for our fall weather just around the corner.

Spiced Iced Tea for any season, any celebration, is pretty simple these days. Boil some water, open a couple cans of frozen citrus concentrate, and you have it ready for the chilling. This comes from *Southern Living’s Annual Recipes from 1997*. It’s delicious and Grandpa and the kids will love it.

BBQ BEEF TIPS
Moist and Tender BBQ in Minutes
Recipe from
Great Food Fast by Bob Warden
1 tablespoon vegetable oil
1 pound sirloin steak, cubed
1 yellow onion, diced
1 (6-ounce) can tomato paste
1/4 cup white vinegar
1 tablespoon yellow mustard
1 tablespoon Worcestershire sauce



3 tablespoons water
2 tablespoons light brown sugar
1/2 teaspoon garlic powder
1/2 teaspoon salt
1/4 teaspoon pepper

1) With the cooker’s lid off, heat oil on HIGH or “Brown,” until sizzling. 2) Place the steak and onion in the cooker, and cook until steak is lightly browned, about 5 minutes. 3) Add remaining ingredients and stir until combined. 4) Securely lock the pressure cooker’s lid and set for 15 minutes on HIGH. 5) Let the pressure release naturally for 10 minutes before performing a quick release for any remaining pressure. 6) Add any additional salt and pepper to taste before serving.

Make it Easier: This can also be made with 1-1/4 cups of your favorite prepared BBQ sauce and 1/4 cup water in place of all of the ingredients added in step 3.

PHYLLIS GASS’
SCAMPI AND ANGEL HAIR
Recipe from *A Taste of Heaven*
Published by First Presbyterian Church of Punta Gorda
1 3/4 cup defatted chicken broth
1 tablespoon garlic, chopped fine
4 tablespoons scallions, chopped (divided)
4 tablespoons Italian parsley, chopped (divided)
1/2 pound dry angel-hair pasta
1 pound shrimp, peeled and deveined
Freshly ground black pepper

Bring a large pot of water to a boil for the pasta. In a large sauce pan, combine: broth, garlic and 3 tablespoons each of scallions and parsley. Bring slowly to a simmer. Cook for 2 minutes. Add pasta to boiling water. Cook according to directions. Add shrimp to broth, stir well and cook for 2-1/2 to 3 minutes or until shrimp are cooked through. Add remaining scallions. Drain pasta; divide evenly among large shallow plates. Arrange shrimp over pasta and spoon “broth sauce” over shrimp. Sprinkle with pepper. Garnish with remaining parsley. Serve immediately. Serves 4.

MRS. MATTHEW BARKLEY’S
(HELEN LEBBY)
CURRIED RICE
Recipe from *Charleston Receipts*, America’s Oldest Junior League

Cookbook in Print, a Cookbook by The Junior League of Charleston, Inc.
2 cups rice
2 tablespoons curry powder
1 teaspoon salt
1-1/2 cups chicken stock
Pick rice, but do not wash. Place all ingredients in rice steamer for 1-1/2 hours, stirring several times with 2-tined fork. For chicken stock, canned consommé may be used, but I prefer to use stock obtained from boiling 1 pound chicken necks with seasonings such as celery, onion, and bay leaf. Bits of chicken may be cut from the chicken necks and added to the curried rice after it is done. To cook in double-boiler instead of rice steamer, use 2 cups of chicken stock, other ingredients the same. Serves 8.

SUSIE SAMS’
MEXICAN BLACK BEAN SALAD
Recipe from First Presbyterian Church, Punta Gorda, Florida
A Taste of Heaven
1 (8-ounce) carton sour cream
1/4 cup chopped fresh cilantro
1 tablespoon taco seasoning
1 large head green leaf lettuce, torn (about 10 cups)
2 cups (8-ounces) shredded cheddar cheese
1/2 cup chopped purple onion
2 (15-ounce) cans black beans, drained
2 large tomatoes, chopped
Corn chips, crushed

Combine sour cream, cilantro, and taco seasoning in a large bowl, stirring well. Add lettuce, then cheese, onion, black beans, and chopped tomatoes. Toss well. Sprinkle with crushed corn chips and serve immediately. Yield: 6 servings.

SOUR MILK DOUGHNUTS
Recipe from
The Original Country Cookbook
Paragon Products,
Pompano Beach, Florida

1 egg
1/2 cup sugar
1/2 cup sour milk
1-3/4 cup flour
1/2 teaspoon soda
1 teaspoon baking powder
1/2 teaspoon salt
Beat egg, add sugar, sour milk, flour, soda, baking powder and salt mixed and sifted together. Roll, cut and fry in hot fat. Makes

18 doughnuts.
BARBARA RITSHIE’S
PUMPKIN DESSERT
Recipe from New Vision Community Church’s *Feeding the Flock*
1 (15-ounce) can solid pack pumpkin
1 (12-ounce) can evaporated milk
3 eggs
1 cup sugar
2 teaspoon pumpkin pie spice (cinnamon, ginger, cloves, etc. or just use the mix)
1 cup chocolate chips (optional)
1 package yellow or white cake mix
1 stick butter cut into chunks
1-1/2 cup chopped walnuts (optional)

In a mixing bowl, combine first five ingredients. Transfer to a greased 13 x 9 x 2-inch baking pan. Sprinkle with dry cake mix and sprinkle with chunks of butter. Top with walnuts. Bake at 350 degrees for one hour or until a knife entered into the middle comes out clean. If you choose to use the chocolate chips, put them in after the first five ingredients. You can also serve this with ice cream, Cool Whip, or whipped cream.

SOUTHERN LIVING’S
SPICED ICED TEA
Recipe from
SOUTHERN LIVING’S
1997 ANNUAL RECIPES

2 quarts water
2 (3-inch) cinnamon sticks
1/2 teaspoon whole cloves
1/4 teaspoon ground nutmeg
3 family-size tea bags
1/2 cup sugar
1 (6-ounce) can frozen orange juice concentrate, undiluted
1 (6-ounce) can frozen lemonade concentrate, undiluted
Bring first 4 ingredients to a boil in a large stainless steel pot. Remove mixture from heat, and add tea bags; cover and steep - 5 minutes. Using a slotted Spoon, remove and discard tea bags, cinnamon, and cloves. Stir in sugar until dissolved; stir in concentrates. Chill; serve over ice. Yield: 2 quarts.

View Kitchen Kapers by Nancy online at
www.theapokkachief.com/recipes

SEPT. / OCT. 2024 ★ ★ EVENTS ★ WEEKLY ★ UPCOMING ★ ONGOING ★ ★

SCHOOL BEGAN AUGUST 12 – Traffic patterns will change. Stormy weather comes and goes! Be careful with your umbrellas. And always watch out for those school children ... and ducks. DON'T TEXT WHILE DRIVING - Please! YOU WILL PAY A FINE.

Children must be five years old on or before September 1 to start kindergarten. To enter first grade, a child must be six years old on or before September 1 and must have successfully completed kindergarten (Florida Statute 1003.21). Immunizations must be current.

UNLESS CHANGED: School Start Times for Elementary School & K-8: 8:45 a.m., Middle School: 9:30 a.m., High school: 7:20 a.m.

City of Apopka’s Northwest Recreation Complex, 3710 Jason Dwell-ey Parkway, Apopka 32712, 407-703-1784. On any given weekend, you can see many, many families in attendance at the beautiful complex setting participating in various organized sport programs, Amenities at the complex include: Soccer Fields, Softball Fields, Baseball Fields, Multi-Purpose Fields, Sand Volleyball Courts, Outdoor Basketball Courts, Tennis Courts, **Walking Trail**, Amphitheater, Playground, Concession Stands.

11-mile wildlife drive (complete with directional signs) (opened in 2015) on Lake Apopka shores, by entering from Lust Road off Binion Road, about a mile south of Camp Wewa in the Plymouth area, for one-way drive, 10 miles per hour, with possible wildlife spotting stops. **DO NOT FEED THE GATORS - IT MAY CAUSE CLOSING OF THE TRAIL** If you are stopping, drive will take more than 1 hour. Drive runs by canals used in muck-farming days. The one-way drive exits on Jones Road in Zellwood. You will see a freshwater marsh system and wildlife dependent on that type of system. The drive is open on Fridays, Saturdays and Sundays and federal holidays and is controlled by the county. Open during daylight hours only (one hour after sunrise and one hour before sunset). Official sunrise and sunset hours can be found online. The road is closed on other days due to ongoing restoration work. The trail is 11 miles long.

WEKIWA SPRINGS STATE PARK is a 7,000-acre Florida State Park in Apopka, Florida. It is located 20 minutes north of Orlando, off Interstate 4 at exit 94, near Altamonte Springs and Longwood. The park also contains the head water of the Wekiva River. Address: 1800 Wekiwa Circle, Apopka 32712, open from 9 a.m.-5 p.m. For information,

call 407-884-4311

FRAN CARLTON CENTER OPEN, for seniors - senior activities at Fran Carlton Center. CALL 407-703-1642 FOR INFORMATION

FRIDAY, SEPTEMBER 27

ZUMBA FITNESS CLASS, FRIDAYS at 9:00 a.m. at 11 N. Forest Ave., at the Fran Carlton Center.. Call 407-703-1642 for information.

CENTRAL FL CHRISTIAN CHAMBER OF COMMERCE, 1806 S Bay St., Eustis, has Fellowship Friday meetings. For complete details of all chamber events, visit cfchristianchamber.com/events-chamber.Contact: latrondra@cfchristianchamber.com

SATURDAY, SEPTEMBER 28

VFW POST 10147 continues to have its fund raising breakfast on the **third Saturday on October 19** from 8-10 a.m. at 519 S. Central Avenue. Cost is only \$7.

MUSEUM OF APOPKANS, Saturday, 9 a.m.-1 p.m., 122 E. FIFTH STREET, APOPKA. Managed by Apopka Historical Society. Call 407-703-1624 for info.

AVIAN RECONDITIONING CENTER, for birds of prey, 323 Lester Rd., Apopka, hours: 9:30-1:30 p.m., The center is open on Saturdays to the public, weather permitting. Call 407-461-1056 for information.

SUNDAY, SEPTEMBER 29

MONDAY, SEPTEMBER 30
FITNESS CLASS, MONDAYS 9-10 a.m. 11 N. Forest Ave at Fran Carlton Center. Pre-register. Call 407-703-1642 for info.

CRAFTS & CHATTER: 9:30-12 noon. Fran Carlton Center, 11 N Forest Ave. Masks not required. Pre-register. Call 407-703-1642 for info.

OVEREATERS ANONYMOUS meets Mondays at 6:30 p.m., Episcopal Church of the Holy Spirit, 601 S. Highland Avenue. If you have a problem with food – overeating, anorexia, bulimia – there is a solution for you. For more information, visit OA.org or call Carrie 781-867-1071.

TOASTMASTERS: Apopka Foliage Toastmasters #840, meets Wednesdays promptly at 7 p.m.-8:30 p.m., in person and zoom at the Museum of Apokpans, 122 E. 5th St., Apopka, 32703. Call 407-765-2629 for information.

TUESDAY, OCTOBER 1

THE SERTOMA CLUB meets the first and third Tuesday of each month, beginning at 11:30-noon, at Beef ‘O’ Brady’s in The Back Room, 1410 Rock Springs Rd., Apopka. Interested community members are encouraged to attend and get acquainted. Meetings have resumed on first and third Tuesdays. Masks are encouraged.

SENIOR CHAIR EXERCISE, 9-10 a.m., 11 N. Forest Ave. at Fran Carlton Center. Masks no longer required. Pre-register. Call 407-703-1642 for info

ART CLASS. 9:30-12 noon. Fran Carlton Center, 11 N Forest Ave. Masks required. Temperature taken. Pre-register. Call 407-703-1642 for info.

WEDNESDAY, OCTOBER 2

The Altamonte Springs / Apopka **VFW POST 10147** is NOW OPEN Wednesday and Saturday Mornings from (TIME CHANGE) 8:00 to 10:00 a.m. for coffee and doughnuts. (other hours by appointment only). 3rd Saturday of the month is VFW’s fundraising breakfast. Also, evenings of Tribute music are planned. Call 407-889-8266, or email info@vfwpost10147.com for information. The VFW Auxiliary has been formed and is active as well. Don’t forget to visit its excellent Military Museum.

ZUMBA FITNESS CLASS, 9-10 a.m., 11 N. Forest Ave., at the Fran Carlton Center. Masks no longer required. Pre-register. Call 407-703-1642 for info..

SENIOR CHAIR EXERCISE, 10-11 a.m., Billie Dean Community Center, 225 M.A. Board St., . Masks are no longer required/ Pre-register. Call 407-703-1642 for info

CITY OF APOPKA DRC (Development Review Committee) meets every Wednesday at 9 a.m.-10 a.m. (or as long as necessary) at City Hall, 120 E. Main Street, Apopka. Check for the online version.

BRIDGE CLASS. 10:15 a.m.-1 p.m. (approximately) at Fran Carlton Center, 11 N Forest Ave. Masks are no longer required. Call 407-703-1642 for info.

TOPS CHAPTER #646. (Take Off Pounds Sensibly), TOPS, a non-profit organization, will help you reach a weight goal with support from friendly, caring members, education, and rewards. Each Thursday weigh-in begins at 9:00 a.m. – meeting ends at 10:15 a.m.. Come to its NEW location 220 W. Horatio Avenue, Maitland, FL 32751 to meet with others who have a like-minded goal to lose weight. No

products, no specific diet to follow, no meds. Call 407-580-0897 for more information.

MUSEUM OF APOPKANS, Open on Wednesdays, Thursdays and Fridays, 12 noon-5 p.m. and Saturday 9 a.m.-1 p.m., 122 E Fifth St. 407-703-1642 for info.

EARLY BIRD BINGO at Bahia Shrine Center, 3101 E. Semoran Blvd.. Doors open at 5 p.m., and the early bird game starts at 6 p.m. For more information, call 407-660-8811.

TOASTMASTERS: still meeting every WEDNESDAY, 7:00 p.m. - 8:30 p.m., by zoom. For more information, call 407-765-2629 or visit www.Apopkatostmasters.com.

THURSDAY, OCTOBER 3

SENIOR CHAIR EXERCISE, 9-10 a.m., 11 N. Forest Ave., at the Fran Carlton Center. Masks are no longer required. Pre-register. Call 407-703-1642 for info.

ROTARY CLUB OF APOPKA - For information, call 407-415-6588. Call for updated information on meetings and location.

MUSEUM OF APOPKANS, Open from noon to 5 p.m. on Wednesdays, Thursdays, Fridays, and Saturdays from 9 a.m.-noon. 120 E Fifth St. Call 407-703-1624 for info.

ZUMBA FITNESS CLASS, 9-10 a.m., 11 N. Forest Ave., at the Fran Carlton Center. Masks are no longer required. Pre-register. Call 407-703-1642 for info.

UPCOMING EVENTS

2024 ‘Apopka Proud’ concert set for October 5 at the amphitheater beginning at 5:30 p.m. with Sawyer Brown and John Anderson performing. Tickets available at eventbrite at shorturl.at/EX4Ci

ONGOING EVENTS

Florida Railroad Museum, 101 S. Boyd Street, Winter Garden, is open Tuesday-Saturday, 11-3 each week excluding holidays. For info, call 407-656-0559. . Must see.

CITY COUNCIL MEETINGS are public and will also be broadcast on this shortened link: https://bit.ly/2ABrmsb, and are normally held the first Wednesday at 7 p.m. in the City Council Chambers, City Hall, 120 E. Main St., Apopka. Subject to change with notice. For info., call City Clerk 407-703-1704. Agenda and minutes of meeting can be found online. Once posted, check for any revisions by Tuesday at 5 p.m. before the meeting
FOLIAGE GARDEN CLUB OF AP-

OPKA, meets the first Thursday of each month, September through May, at 9:45 a.m. at the Alonza William Park / Billie Dean Community Center, 225 M.A. Board St., Apopka. Contact: apopkatfca@gmail.com. NO MEETINGS JUNE-AUGUST.

FREE PLANT CLINIC in Apopka is open on Tuesdays. Do you have problems with your plants or lawn? Let a Master Gardener help. Orange County residents can bring their questions and samples to UF/IFAS Extension Master Gardener volunteers at the UF/IFAS Mid-Florida Research Education Center (MREC), 2725 Binion Road, Apopka, 32703; 9 a.m.-12 Tuesdays; 407-254-9200. Questions and photos can be emailed to orangecomgv@ifas.ufl.edu. to be answered by Master Gardeners. A free plant clinic for commercial growers is open Tuesdays 1-4 p.m. at the same location.

KIWANIS CLUB OF APOPKA IS now meeting MONTHLY on the 3rd Tuesday at 8 a.m. at Seacoast Bank, 345 E Main Street, Apopka. Contact 407-464-4606 for information

BROWN BAG LUNCH - Third Saturday of each month, Episcopal Church of the Holy Spirit at the corner of Highland and 6th St., Apopka, from 10 a.m.-12 p.m., offer to all who come a brown bag lunch. In addition, men's socks, flip flops, stuffed animals, some clothing, children's books and pet food which is donated by My Pet World, Apopka, may be available. If interested in volunteering, call Debbie at 407-620-5081 for information.

APOPKA FOLIAGE TOASTMASTER’S CLUB, Wednesdays, 7 p.m., on Zoom, Apopka. 407-765-2629.

NWOC FFA Alumni – Monthly meetings (usually the 4th Monday evening in a month during the school year) are open to anyone. (Looking for more information)

MUSEUM OF APOPKANS, 122 E 5th Street, Hours open: Wednesday to Friday. from noon-5 p.m., and Saturdays from 9 a.m.-1 p.m.... Admission is free. Contains displays and information about Apopka’s history, and has history books for sale. Monthly meetings of Apopka Historical Society are normally held on a Sunday afternoon. For more information, go to www.theapopkamuseum.com.

THE APOPKA ELKS LODGE 2422 meets first and third Tuesdays of month, 201 W. Orange. For more information, call 407-886-1600 or email apopkaelks@aol.com Bar Bingo every Monday night at 7

p.m. promptly.

GFWC APOPKA WOMAN’S CLUB, meets at First Methodist Church, 201 N. Park Avenue. Call 407-880-2111 for more information.

CITY OF APOPKA PLANNING & ZONING - usually the second Tuesday of the month. 5:30 p.m. City Council Chambers, City Hall, 120 E. Main St., Apopka. All meetings open to the public. Subject to change with notice. For info., call David Moon, 407-703-1739.

BRIDGE GAMES AND CLASSES: Every Monday and Friday morning at 9:15 a.m., at the Lake County Duplicate Bridge Club, 510 W. Key Ave., Eustis. For more information, call 352-315-9934 or visit lakeduplicate.com.

TEMPORARILY CANCELLED: COMPUTER CLASSES in both English and Spanish: Available daily or weekly at OCLS North Orange Branch. Classes are: Computer Basics, Excel, Word Resume Writing, Email for Seniors, ELLIS English Lab, Word, Online Job Searches, Power Point, Internet, Open Lab, How to use a mouse and keyboard, etc. Call OCLS North Orange Branch for more details. **BUILDING CLOSED. PERHAPS IT WILL OPEN IN OCT.**

HABITAT VOLUNTEERS: Go to www.habitatseminoleapopka.org, click on volunteers. There are a number of opportunities available at the Restores. Call 407-696-5855 or 407-880-8881 to sign up for information.

(OCLS) Orange County Public Library North Orange Branch Address: 1211 E. Semoran Boulevard, Apopka 436 (Semoran) and Thompson Road. www.ocls.info. **This branch library has been temporarily closed (beginning July 2024) due to inclement weather damage.**

*Apopka Area Chamber of Commerce, 180 E. Main St., Apopka. For more info, call 407-886-1441

COMMUNITY EVENTS CALENDAR INFORMATION

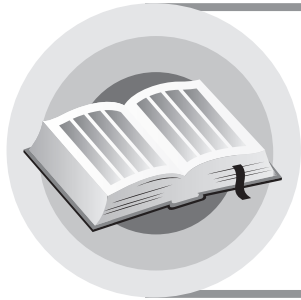
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Obituaries

KAY LOUELLA (SMOKER-SATOSKI) BAUMGARTNER, 82, of La Porte, Indiana passed away Friday, September 20, 2024. Kay was born on March 4, 1942 in Hanna, Indiana to the late Woodrow and Katherine (Steele) Smoker. She is predeceased by husband, James A. Satoski; husband, William T Baumgartner; siblings, Ronald Smoker, Judith Beck. She is survived by: children, Jacquelyne Trefcer, Matthew (Marla) Satoski, Rhee Ann Baumgartner, Anthony (Myra) Satoski, Deborah Greenway, Julie (Richard) Mann, William E (Jacqueline) Baumgartner, Jeffrey (Tonya) Satoski, Laurie Satoski; 22 grandchildren; 54 great grandchildren; 5 great great-grandchildren and 2 special grand dogs.

See Obituary on page 8C



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The Pressence of God

One important facet of spiritual maturity—perhaps its essence—is the consciousness of the presence of God.

One of the reasons we are instructed to pray constantly, and about everything, is because our prayers put us in God's presence. Atheists have no sense of God's presence, and even if they occasionally have a glimpse of the awe and grandeur of nature, they are unlikely to see anything miraculous about it.

Agnostics may suspend judgement about the existence of God, and may even be inclined to believe, but

usually don't believe in a personal God with whom they might have a relationship.

But those of us who believe try to develop a relationship with God, through prayer and worship, through reading scripture, and through acts of service. And when we go out into nature, it is often in the hopes of getting in touch not just with nature, but with nature's God.

There are many ways to inculcate this sense of God's continuous presence. Pray constantly and look for God everywhere. —Christopher Simon

But those who wait on the Lord Shall renew their strength; They shall mount up with wings like eagles, They shall run and not be weary, They shall walk and not faint. Isaiah 40:31

In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven.
Matthew 5:16

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In the fear of the Lord is strong confidence: and his children shall have a place of refuge.

Proverbs 14:26

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Wisdom is the principal thing; Therefore get wisdom. And in all your getting, get understanding. Proverbs 4:7

But those who wait on the Lord Shall renew their strength; They shall mount up with wings like eagles, They shall run and not be weary, They shall walk and not faint. Isaiah 40:31

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Matthew 5:16

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FIRST AMENDMENT TO THE CONSTITUTION OF THE UNITED STATES

Congress cannot make a law that favors the establishment of one particular religion; that prohibits the free exercise of religion; or that restricts freedom of speech or of the press, or the right of the people to gather and engage in peaceful demonstration and to petition the government for redress of their grievances.

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Please support these advertisers that support your freedom to worship.

Kay Louella (Smoker-Satoski) Baumgartner

Kay Louella (Smoker-Satoski) Baumgartner, 82 of La Porte, Indiana passed away Friday, September 20, 2024. Kay was born on March 4, 1942 in Hanna, Indiana to the late Woodrow and Katherine (Steele) Smoker.

Kay married James A. Satoski who preceded her in death in 1965. Following James' death Kay married William T Baumgartner who preceded her in death on April 4, 1993.

Surviving are children, Jacquelyne Trefcer of Apopka, Florida; Matthew (Marla) Satoski of Orlando, Florida; Rhee Ann Baumgartner of Ada, Michigan; Anthony (Myra) Satoski of Plymouth, Indiana; Deborah Greenway of

Melbourne Beach Florida; Julie (Richard) Mann of Kaufman, Texas; William E (Jacqueline) Baumgartner of Valparaiso, Indiana; Jeffrey (Tonya) Satoski of Warsaw, Indiana; and Laurie Satoski of Indianapolis, Indiana; 22 grandchildren; 54 great grandchildren; 5 great great-grandchildren and 2 special grand dogs.

Kay was preceded in death by siblings, Ronald Smoker and Judith Beck.

Kay was a member of Beachwood Women's golf league and Holy Family Parish St. Joseph Church and Friends of the Symphony. She spent countless hours volunteering at St Joseph's Vincent de Paul Annex with some dear friends.

Kay made a positive impact on many lives. She was always thinking of others and offering solutions for everything. She loved unconditionally and was there to help anyone that came into her life. She was very active

which kept her young and mobile.

She loved her yard and gardens to be perfectly manicured with an abundance of flowering peonies each year.

One of her favorite places to spend time was at the family cottage on Fish Lake, wanting to share it with family and friends.

She's had a love of golf for years, her golfing family was a very important part of her life and together they created many great memories and friendships that will be cherished for years to come.

She loved Jesus and was a great example of his love and compassion which showed by the way she loved the people around her. Volumes could be written about the love and generosity that was in her heart and actions. There will be an enormous empty space in our hearts.

Visitation was held Thursday, September 26, 2024, at



Frank L. Keszei Funeral Home, Essling Chapel.

A Mass of Christian Burial was held Friday, September 27, 2024, at Holy Family Parish, St. Joseph Church, La Porte, Indiana.

Family and friends may gather at 10 AM on Friday in the Funeral Home prior to the Mass.

Burial followed at St. Joseph Catholic Cemetery in La Porte.

Memorial contributions may be made to St Vincent DePaul Society and Worthy Women's Recovery Home.

To light a virtual candle, share a story of Kay's life or leave a message of comfort for her family, please visit www.esslingfuneral-home.com.

Electoral College - Distribution of Electoral Votes

Electoral votes are allocated among the States based on the Census. Every State is allocated a number of votes equal to the number of Senators and Representatives in its U.S. Congressional delegation—two votes for its Senators in the U.S. Senate plus a number of votes equal to the number of its Congressional districts.

Under the 23rd Amendment of the Constitution, the District of Columbia is allocated 3 electors and treated like a State for purposes of the Electoral College.

Each State (which includes the District of Columbia for the Electoral College) decides how to appoint its electors; however, they must do so according to law enacted before Election Day. Currently all States use the popular vote results from the November general election to decide which political party chooses the individuals who are appointed.

Allocation within each State

All States, except for Maine and Nebraska, have a winner-take-all policy where the State looks only at the overall winner of the state-wide popular vote. Maine and Nebraska, however, appoint individual electors based on the winner of the popular vote within each Congressional district and then 2 "at-large" electors based on the winner of the overall state-wide popular vote.

While it is rare for Maine or Nebraska to have a split vote, each has done so twice: Nebraska in 2008, Maine in 2016, and both Maine and Nebraska in 2020.

Current allocations

The allocations are based on the 2020 Census.

They are effective for the 2024 and 2028 presidential elections.

Total Electoral Votes: 538; Majority Needed to Elect: 270

Go to: <https://www.archives.gov/electoral-college/allocation> to see allocation among the states

All public/legal notices printed in The Apopka Chief are also loaded to our website: theapokkachief.com as well as to the state-wide Florida Press Association's website: floridapublicnotices.com Both Websites have searchable capabilities.

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School Crossing Guards needed

Adult school crossing guards are needed by Orange County. Paid positions are open near most neighborhood schools.

Adult school crossing guards are employed by the Sheriff of Orange County to protect children attending elementary and middle schools in all parts of the county. School crossing guards are paid \$17.31 per hour and only work two hours a day.

Cash allowances are paid for recruiting assistance and good attendance. Training, protective clothing and safety equipment are provided at no expense to the guards.

Candidates for employment must meet the minimum requirements which are: be able to perceive potential traffic hazards; be

sufficiently agile to move swiftly to avoid danger; be able to comprehend and communicate fluently in verbal and written English; be legally eligible to work in the United States, be at least 18 years of age, and have a clean criminal history (any arrest history will be individually evaluated).

To view job postings and/or to apply online, visit the school crossing guard unit on the website at www.ocso.com, or call 407-836-4082.

The Orange County Sheriff's Office is an equal opportunity employer.

Its address is: OCSO, Human Resources Division, 2500 W. Colonial Dr., Orlando 32804, or Post Office Box 1440, Orlando, FL 32802-01440.

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Foliage Sertoma Club of Apopka (407) 832-2627

Foliage Sertoma Club, working with Dr. Amy Davis at Central Florida Audiology, will collect and recycle hearing aids for Apopka citizens with hearing needs.

If you have old glasses or hearing aids you no longer need, please take them to

The Apopka Chief and The Planter Newspapers or Apopka Office Supply at 400 N. Park Ave., Apopka 407-886-2777

The Apopka Chief, The Planter & AOS (Apopka Office Supply) would like to thank the generous Apopka area for continuing to donate the gift of sight or hearing for so MANY.

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- Walgreens, corner of Park Ave and Hwy 441
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- Wawa Store, 449 W. Main St. - corner of Hwy 441 and Bradshaw
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- Wekiva High School, Hiawassee Rd.
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