

WEEKEND: JULY 2-4, 2023



Dr. Bedard's book, "What Do I Wear to the Execution?"

See People, Page 5



SANFORD HERALD



LAKE MARY, LONGWOOD, WINTER SPRINGS, OVIEDO, GENEVA, CASSELBERRY, OSTEEN, CHULUOTA, ALTAMONTE SPRINGS, DEBARY

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HEADLINES FROM ASSOCIATED PRESS

Trump and DeSantis are among the 2024 GOP hopefuls set to appear at the Moms for Liberty gathering

PHILADELPHIA (AP) — Former President Donald Trump and Florida Gov. Ron DeSantis, the main rivals for the Republican presidential nomination, are scheduled to speak Friday at the annual gathering of Moms for Liberty, a group that has fiercely opposed instruction related to race and gender identity in the nation's classrooms.

The world's tallest flagpole. A tiny Maine town. An idea meant to unite people is dividing them

COLUMBIA FALLS, Maine (AP) — Lobster boat engines rumble to life in quiet coves. Lumberjacks trudge deep into the woods. Farmers tend expanses of wild blueberries. Maine's Down East region is where the sunlight first kisses a U.S. state's soil each day, where the vast wilderness and ocean meet in one of the last places on the East Coast unspoiled by development.

A week after an armed rebellion rattled Russia, key details about it are still shrouded in mystery

Did mercenary chief Yevgeny Prigozhin have inside help from the military and political elite in his armed rebellion that rattled Russia? A week after the mutiny raised the most daunting challenge to President Vladimir Putin's rule in over two decades, key details about the uprising are still unknown.

STOCKS OF LOCAL INTEREST

As of noon Friday

Allegiant	\$125.34
Faro	\$16.06
Fastenal	\$58.99
HCA Healthcare	\$302.54
Invacare	\$.01
Lowe's	\$224.43
Lockheed Martin	\$458.72
NextEra	\$73.36
Tractor Supply	\$219.62
Toro	\$101.73

The Sanford Herald is not subsidized by the Federal Government.



Race, Equality, Equity and Inclusion Advisory Committee seeks public input



Photos contributed by the committee members are: Barbara Coleman-Foster (top, left), Venise White, Claud Nelson, Jose (Tony) Hernandez, Rev. Meghan Killingsworth, Anwar Syed (bottom, left), Kenneth Bentley, Michael Foster, Co-Chair, Maria Luisa Lord, Patrice Anderson, and Kim Waters, DPT.

By Jenna Greaves
JGreaves@MySanfordHerald.com
Herald Correspondent

The Race, Equality, Equity and Inclusion Advisory Committee is working every day to make Sanford a welcoming home for everyone, and they need your help!

What began as a simple request to paint a Black Lives Matter mural on Historic Goldsboro Boulevard in 2020 grew into what is now known as the Race, Equality, Equity and Inclusion Advisory Committee (REEI).

See REEI, Page 6



Herald photos by Tommy Vincent. The fun will begin at 7 p.m. in Fort Mellon Park. For firework safety tips - See page 6.



Head downtown for Star Spangled Sanford on the RiverWalk

Special to the Herald

Head down to Fort Mellon Park this Tuesday for the annual Star Spangled Sanford July 4th on the RiverWalk event.

At 7 p.m., grab your lawn chairs or a blanket and head to the lakefront for Central Florida's premier Fourth of July celebration along Lake Monroe.

The kids can enjoy the Kids Zone, sponsored by Ladies 327, the enormous park playground, and the splash pad in Fort Mellon Park. Unfortunately the green space is closed due to construction but viewing areas are available along the lake and in grass cov-

See FOURTH, Page 6

Supervisor of Elections reminds residents to renew Vote-By-Mail status

Special to the Herald

Supervisor of Elections for Seminole County Chris Anderson is reminding residents that their vote-by-mail requests will need to be updated.

See BALLOT, Page 6

Seminole County sees increase in mosquitoes

Special to the Herald

In recent weeks, Seminole County Mosquito Control has seen over a 60 percent increase in mosquitoes breeding in containers, or water collection points, which is preventable.

The Mosquito Control staff in Seminole

See MOSQUITO, Page 6

FDOT, FHP encourage safe travel during Fourth of July

Special to the Herald

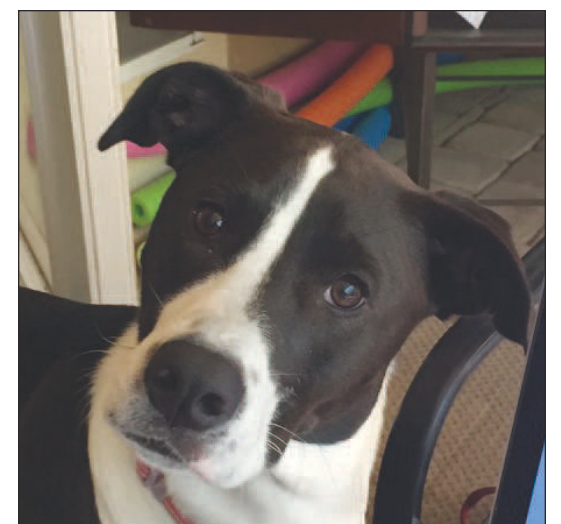
The Fourth of July holiday period, which runs from Friday, June 30 to Tuesday, July 4, is one of the busiest travel times of the year

See TRAVEL, Page 2

Check out events happening in Seminole County

See Page 4

SEMINOLE SMILE



Katie Jamison
Fur baby of Mike Jamison

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COUCH THEATER

By Demi Taveras

"Run Rabbit Run" (TV-MA) -- Hot off the finale of the series "Succession," Sarah Snook has a new psychological thriller film premiering June 28. Snook plays a fertility doctor, also named Sarah, who has a 7-year-old daughter, Mia. Following the death of Mia's grandfather, the tone of Sarah and Mia's lives is melancholic and grim...



Sarah Snook, left, and Lily LaTorre star in "Run Rabbit Run." Courtesy of Netflix

"M3GAN" (PG-13) -- The Blumhouse sci-fi/horror success "M3GAN," which premiered in theaters earlier this year, is out on streaming June 27. Allison Williams ("Get Out") plays Gemma, a robotist whose niece, Cady, comes to live with her following the death of her parents. Coincidentally, Gemma's latest work project included the development of a child-sized robot doll, nicknamed M3GAN (Model 3 Generative Android). Gemma lets Cady pair up with M3GAN and watches as Cady's emotional struggles dissipate...

quickly escalates her levels of protection to a deadly category for just about everyone else. A sequel to the film is expected in early 2025. (Amazon Prime Video)

"Hijack" (TV-MA) -- In this new thriller series (we're sticking with the horror genre this week!) releasing on June 28, the stakes have never been higher -- literally and figuratively. On an almost seven-hour flight from Dubai to London, with 200 passengers on board, a group of hijackers gain control over the plane right after takeoff. As the hijackers veer the plane off course and try to keep

everyone subdued, business negotiator Sam Nelson (Idris Elba) attempts to do what he does best and negotiate with the hijackers to get everyone off the plane safe. But, in the event that his way with words doesn't pull off the job, Sam refuses to let the plane go down without a fight: "It's either us or them." (AppleTV+)

"Burial" (NR) -- Taking place in 1945 Berlin, this British war thriller film follows a female Soviet soldier named Brana (Charlotte Vega). A part of the Red Army unit, Brana and her fellow soldiers are assigned to

carry, from Berlin to the Soviet Union, a casket of unknown contents that must be buried every night and dug up every morning. When they realize they're in pursuit by several Nazi loyalists, they realize the contents of the casket are none other than Adolf Hitler's remains. Critics have praised the performances of Vega, Harriet Walter ("Ted Lasso") and Tom Felton (the "Harry Potter" films), but also stated that the film lacks a certain vigor to make it all come together. "Burial" premieres June 30. (Hulu)

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MOMENTS IN TIME

* On July 3, 1971, Jim Morrison, lead singer for the rock group The Doors, died in Paris at just 27 years old of what was officially listed as heart failure likely due to a heroin overdose, though no autopsy was performed as it was not required under French law.

* On July 4, 1845, American author and philosopher Henry David Thoreau began a two-year experiment in simple living at Walden Pond near Concord, Massachusetts, famously writing that he "went to the wood because I wished to live deliberately." The resulting book about his experience has been called, among other things, part social experiment and part voyage of spiritual discovery.

* On July 5, 1975, Arthur Ashe became the first Black man to win a Wimbledon singles title after defeating the overwhelming favorite Jimmy Connors, who was then the No. 1 tennis player in the world. Ashe would later say that prior to the match, "I had the strangest feeling that I couldn't lose."

* On July 6, 2004, Democratic presidential candidate John Kerry chose Sen. John Edwards of North Carolina to be his running mate. Edwards was considered by some to provide balance to Kerry's campaign. Others found Edwards to be essentially reliant on smooth speeches and personal charisma. Years later, in his autobiography, Kerry admitted he'd made an unfortunate choice that botched his chance at the White House.

* On July 7, 1865, Maryland tavern owner Mary Surratt became the first woman to be executed by the U.S. federal government, for her alleged complicity in the plot to assassinate Abraham Lincoln. Historians remain divided on the question of her guilt.

* On July 8, 1997, the Mayo Clinic and the U.S. government warned that the diet-drug combination popularly known as fen-phen, originally touted as a "miracle medicine" for weight loss, could cause serious heart and lung damage.

* On July 9, 2011, the northeast African country known as Republic of South Sudan seceded from Sudan, becoming the youngest country in the world. Since that time, however, it has been plagued with widespread ethnic violence and human rights violations.

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Stay safe in the Florida heat and around fireworks this Fourth of July

Special to the Herald

Each July 4th, thousands of people, most often children and teens, are injured while using consumer fireworks. Despite the dangers of fireworks, few people understand the associated risks including devastating burns, other injuries, fires, and even death.

Remember, leave fireworks to the professionals. And be mindful ... loud noises from fireworks disturb some young children, pets, and those suffering with PTSD.

Watch professional firework displays that are offered. This ensures the safety of you, your loved ones, and your community, as well as your home and resources.

Fireworks start an average of 18,500 fires each year.

Sparklers alone account for about 25% of all fireworks-related injuries, burning at about 2,000 degrees, they can quickly ignite clothing and other items.

Emergency Departments treat more than 10,000 fireworks-related injuries per year; over 11,500 in 2021 alone... most of which are to the hands, fingers, legs and eyes.

Firework celebration tips:

- Always light fireworks in a safe and open area, and never point them towards another person.
• Only light one device at a time and maintain a safe distance once lit.
• Do not try to re-light malfunctioning fire-

works and keep a bucket of water nearby to soak spent and unused fireworks.

- Never use fireworks while impaired by drugs or alcohol

If you or a loved one experiences a firework-related injury or burn, a heat or dehydration-related injury or emergency, call 911 or go to the nearest emergency room.

STAY HYDRATED & IN THE SHADE

One of the most important tips the Seminole County Fire Department recommends while enjoying the 4th of July is to stay hydrated by drinking plenty of water.

The recommended daily intake for water is about 2.7 liters for women and 3.7 liters for men. This doesn't account for the loss of fluids your body goes through in Florida's summer heat.

- Don't wait to feel thirsty to hydrate, this is an indication that dehydration has already begun.

- Replenishing electrolytes with sports drinks to replenish your mineral losses, which is key to hydration

- Do your best to stay in cool and shaded areas, use plenty of sunscreen, and limit your time in direct sunlight. Even if you don't feel tired or dehydrated, it's best to have intervals in the shade.

Elián González 2 decades on: From a focus of international tug-of-war to a member of Cuba's congress

By ANDREA RODRÍGUEZ Associated Press

HAVANA (AP) — Elián González has the same big, expressive eyes he did 23 years ago when an international custody battle transformed him into the face of the long-strained relations between Cuba and the United States.

Now 29, González is stepping into Cuban politics. He recently entered his country's congress with hopes of helping his people at a time of record emigration and heightened tension between the two seaside neighbors.

"From Cuba, we can do a lot so that we have a more solid country, and I owe it to Cubans," he said during an exclusive interview with The Associated Press. "That is what I'm going to try to do from my position, from this place in congress — to contribute to making Cuba a better country."

González has given only a handful of interviews since he was unwittingly thrust into the geopolitical spotlight as a boy. In 1999, at just 5 years old, he and his mother were aboard a boat of Cuban migrants headed toward Florida when the boat capsized in the Florida Straits. His mother and 10 others died while González, tied to an inner tube, drifted in open water until his rescue.

Granted asylum under U.S. refugee rules at the time, González went to live with his great uncle, a member of the Cuban exile community in Miami that is often a center of fierce criticism of Cuba's government. In Cuba, his father begged then-President Fidel Castro for help. Castro led protests with hundreds of thousands of people demanding little Elián's return. Anti-Castro groups in Miami pressed for him to stay in the U.S.

The tug-of-war quickly gained the world's attention and became emblematic for the testy feelings between the two neighboring nations. Then-U.S. Attorney General Janet Reno ruled the boy should be returned to his father, but González's relatives refused. AP photojournalist Alan Diaz captured the moment when armed immigration agents seized González in a Miami home, and the photo later won a Pulitzer Prize.

"Not having my mom has been difficult, it has been a burden, but it has not been an obstacle when I have had a father who has stood up for me and been by my side," González told AP.

He is a father himself now, of a 2-year-old daughter. He works for a state company that facilitates tourism to the island nation his mother left, underscoring the alternate track his life has followed since his homecoming.

What's more, he recently became a lawmaker.

In April, González was sworn in as a member of Cuba's National Assembly of People's Power, effectively Cuba's con-

gress. He represents Cárdenas, a town in Matanzas province about 80 miles east of Havana where he lived until his mother took him to sea. He still lives in the province.

Dressed in black pants and T-shirt, with a discreet braided bracelet on his right hand and his wedding ring on his left, González was interviewed in Havana's Capitol, the renovated seat of congress.

"I think the most important thing is that I have grown up like other young people. I have grown up in Cuba," he said.

For years, his father made it nearly impossible to get close to the child. From afar, the boy could sometimes be seen playing with other children or accompanying his father to political events. Castro would visit him on his birthday.

Over the years, González was a military cadet and later became an industrial engineer. Because Cuba's congressional positions are unpaid, he will continue to work his tourism job.

The legislative body has faced criticism for lacking opposition voices and for carrying out the agenda set by the country's leadership.

González's legislative term comes amid historic emigration from the crisis-stricken Caribbean island, as many young Cubans seek a new life in the U.S. — just as his mother did.

It also comes at a moment of heightened tensions between the two nations. There have been allegations that Cuba hosted a Chinese spy base, which Cuba adamantly denies. Meanwhile, Cuba claims Biden has yet to ease tough policies enacted by Donald Trump that target the island, while the U.S. points to resumption of some flights and sending of remittances.

Amid a deepening political and energy crisis in Cuba, González cast blame on decades of American sanctions stifling the island's economy as the root of many of Cuba's problems, echoing many in the government. He said he believes in Cuba's model of providing free access to education and health services among other things, but acknowledged there is a long way to go for that to be perfected.

Despite harsh prison sentences doled out by Cuban courts, punishments defended by the communist government, González said his people have the right to demonstrate. But he added that the causes of current crises should be analyzed before condemning the state.

He also had kind words for the hundreds of thousands of Cubans who, like his mother, chose to emigrate.

"I respect all those who made the decision to leave Cuba, I respect those who do so today, just as I do my mom," he said. "My message will always be that (those who leave) do all they can to ensure that Cuba has a status (without sanctions) equal to any country in the world."

TRAVEL

Continued from Page 1

on Florida roadways. With AAA predicting a record number of Floridians traveling for Independence Day this year, it's imperative that all motorists remain alert and safe while driving.

"While we celebrate Independence Day this holiday weekend, keep safety in mind when driving," said FDOT District Five Secretary John E. Tyler, P.E. "Following the recommended safety tips and road laws is essential, especially during busy travel times."

The Florida Department of Transportation (FDOT) and Florida Highway Patrol (FHP) urge drivers to make sure their vehicle is ready for the trip, buckle up, and not drive impaired — including not driving while drowsy.

"Exploring Florida can be a fun adventure and we want everyone to reach their destination safely," said Lieutenant Tara Crescenzi of the FHP. "We urge everyone to stay calm, slow down, and

adhere to the speed limit. Ensuring your vehicle is ready before embarking on your journey is also crucial and we also insist that drivers ensure everyone in the vehicle is properly secured with seatbelts. These are just a few tips to Arrive Alive this summer."

Motorists can also check roadway conditions and view live streaming traffic cameras on FL511.com, home of FDOT's Florida 511 traveler information system. FDOT also provides roadside assistance to stranded motorists. Road Rangers are FDOT's safety/service patrol who provide free, limited roadside assistance, including changing a tire or assisting with minor mechanical repairs. Road Rangers also protect

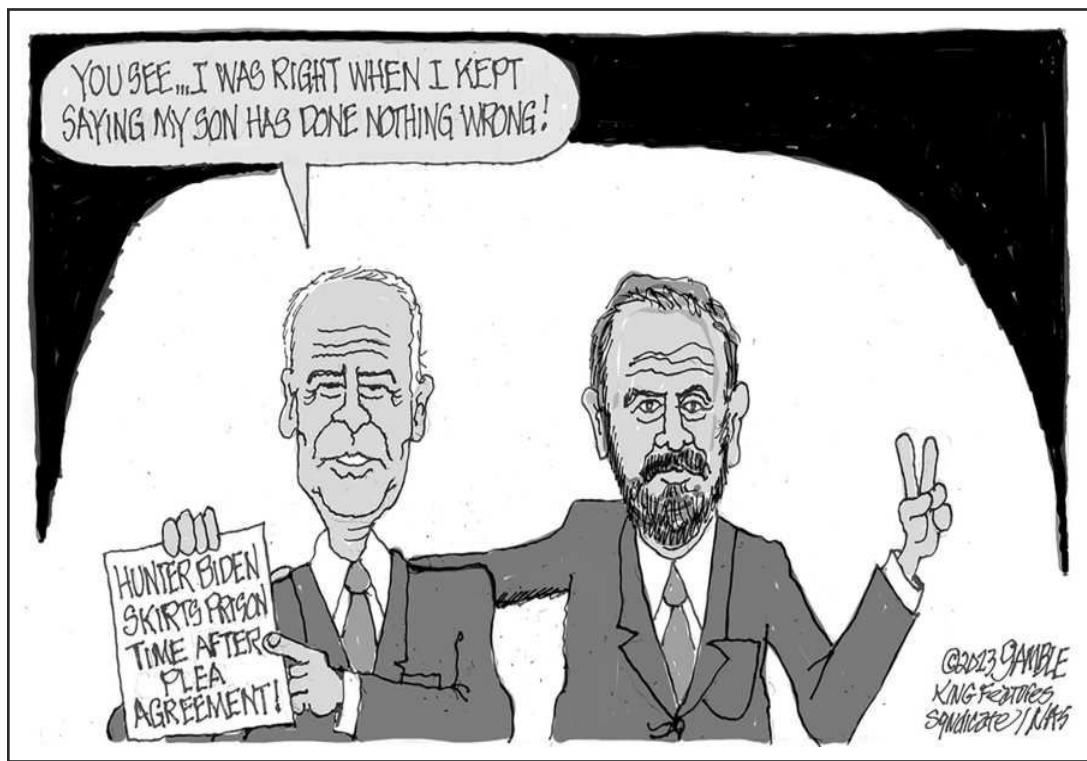
motorists and crash scenes by alerting oncoming drivers of the incident. Motorists on I-4, I-75, I-95 and Central Florida's toll roads can request a Road Ranger's assistance by calling "FHP (*347).

"Our goal is to see everyone arrive safely to their July 4th celebrations and back home again," said Loreen Bobo, P.E., FDOT District Five's Safety Administrator. "Florida's target is zero fatal and serious injury crashes on our state's roadways. Every driver can do their part to hit that target by buckling up, obeying the speed limit, and never driving distracted."

To learn more about Florida's Road Rangers, visit fdot.tips/roadrangers.



OPINIONS



Joe Biden, Hunter Biden, And Parental 'Love'

By Ben Shapiro

This week, Republicans in the House of Representatives revealed the testimony of an IRS whistleblower who worked on the Hunter Biden investigation. That whistleblower had two revelations to present. First, he said that the federal prosecutor overseeing Hunter's case told at least six witnesses that he had been blocked by Attorney General Merrick Garland from special counsel status -- status that would allow him a free hand in fully investigating Hunter. Second, the whistleblower presented a WhatsApp message between Hunter Biden and a Chinese executive shaking down the executive for cash by leveraging Joe Biden's presence in the room.

"I am sitting here with my father," Hunter texted, "and we would like to understand why the commitment made has not been fulfilled. Tell the director that I would like to resolve this now before it gets out of hand, and now means tonight. And, Z, if I get a call or text from anyone involved in this other than you, Zhang, or the chairman, I will make certain that between the man sitting next to me and every person he knows and my ability to forever hold a grudge that you will regret not following my direction. I am sitting here waiting for the call with my father."

This was not the first piece of evidence clearly linking Joe to Hunter's influence-peddling operation. Hunter's laptop infamously contained a message from one of Hunter's business partners, James Gilliar, suggesting that 10% of a deal with CEFC China Energy Co. be "held by H for the big guy." Gilliar, in other texts, has also referred to Joe Biden as "the big guy." And Hunter himself complained in text messages to his daughter, Naomi, "I hope you all can do what I did and

pay for everything for this entire family for 30 years. It's really hard. But don't worry, unlike pop, I won't make you give me half your salary."

Joe Biden, for the little it's worth, has claimed to know nothing about Hunter's business activities. That's absolutely incredible, considering that Joe squired Hunter around on Air Force Two, including to China -- where Hunter signed lucrative deals -- and that Hunter's business partner Tony Bobulinski alleges he met personally with Joe Biden over business issues.

The credulous reaction to this obvious trail of corruption from many in the media has been incredible to behold. The going line these days in Biden-allied media is that Joe's suspected influence-peddling operation and pressure on his Attorney General to dump the Hunter investigation isn't corruption -- it's actually a sign of his magnificent parental love. In the words of The New York Times' Nicholas Kristof, "The real meaning of the Hunter Biden saga, as I see it, isn't about presidential corruption, but is about how widespread addiction is -- and about how a determined parent with un-

conditional love can sometimes reel a child back... That can give others hope."

Meanwhile, this loving father isn't exactly a loving grandfather when it comes to Hunter's illegitimate child, Navy Joan. The same week Hunter was let off the hook by Biden's Department of Justice, Biden signed a child support agreement with former stripper Lunden Roberts in which Roberts accepted a deal including a massive reduction in child support and a prohibition on Navy Joan using the Biden family name. Joe himself refuses to acknowledge the existence of Navy Joan. Yes, that famed Biden name is apparently reserved for raising cash in Ukraine and China; those who are actually sired by Hunter Biden in untoward circumstances are disowned by the upstanding Biden family.

Joe surely loves Hunter. But that love is twisted. Hunter is a 53-year-old wreck of a human being with a trail of abuses of other human beings behind him. Joe may have helped curb Hunter's addiction, but he has also apparently used his son as a tool and continues to use him as a crutch -- and meanwhile,

SNARKY McSNIDE SAYS,

What might have been

Recently, the Republican Party of Seminole County, "overwhelmingly" passed a resolution calling for the Seminole County Board of County Commissioners to sunset the local option infrastructure sales tax in 2024 and to wait until a Republican is in the White House who can clean up Joe Biden's inflationary economy before putting yet another sales tax ballot measure before the voters.

The 1% tax went into effect on January 1, 2015. It was sold by the West Bithlo Gazette and their teacher's union buddies as only a penny more. That sounded innocuous enough didn't it? If they had said that it was a 17% increase in taxes, (which it was) that might not have seemed innocuous but downright outrageous.

If the County had not enacted the tax, the malls that are dying might still be viable. Why? Because the citizens of Lake, Orange, and Volusia Counties would

come to Seminole to shop, knowing their total price would be lower. A half percent lower tax than other jurisdictions would have done the trick. The money generated would have been about the same because of the increase in sales from outside Seminole. The malls would not be deserted.

When enacted, the pitch was that with the extra money we could build all kinds of things and give deserving public servants pay raises as they were all starving to death.

The tax sunsets on December 31, 2024, just after the elections.

Let's see if the politicians want to do the right thing and lower the tax. Even if it only drops to one half of one per cent as discussed above, we become the place to shop in Central Florida.

Sanford's latest tourist attraction is an artesian well that has busted loose in the middle of Park Avenue between Ninth and Tenth Streets.

MALLARD FILLMORE

Bruce Tinsley



Joe has enabled Hunter throughout his adult life, humoring his egregiously evil behavior. The story here, then, is twofold: political corruption, and the corruption of familial love into something much uglier.

Ben Shapiro, 39, is a graduate of UCLA and Harvard Law School, host of "The Ben Shapiro Show," and co-founder of Daily Wire+. He is a three-time New York Times bestselling author; his latest book is "The Authoritarian Moment: How The Left Weaponized America's Institu-

tions Against Dissent." To find out more about Ben Shapiro and read features by other Creators Syndicate writers and cartoonists, visit the Creators Syndicate website at www.creators.com. COPYRIGHT 2023 CREATORS.COM.

NOTICE OF FUNDING AVAILABILITY FOR THE COMMUNITY DEVELOPMENT BLOCK GRANT SAFETY HOME REPAIR PROGRAM CITY OF SANFORD FOR FISCAL YEAR 2023-2024

On October 1, 2023, the City of Sanford expects to receive funding from the U.S. Dept. of Housing and Urban Development (HUD) for activities that benefit low- and moderate-income families or persons. The City of Sanford is currently accepting applications for the following:

In order to address these needs, federal funding in the amount of \$526,606.00 is anticipated for the 2023-2024 Program Year. At this time, the City of Sanford is accepting applications for the following activity:

Estimated Funding Available	Program	Eligible Activities
\$220,000.00	CDBG	Housing & Rehabilitation Program

*Estimated funding is based on FY 2023-2024 funding allocations.

All applications will be processed on a first in first approved basis for **up to \$10,000.00 with a maximum of one trade awarded.** The following are covered under this grant award:

1. Doors
2. Septic Tank
3. Water Heater
4. Hurricane Proof Windows
5. ADA security (fences, trees-trimming/removal)
6. Trip Hazards (unleveled flooring)
7. Exterior Paint & Pressure Washing

Applications will be available on Monday, July 3, 2023 on the City of Sanford webpage at Community Development Block Grant (CDBG) | Sanford, FL (sanfordfl.gov).

Applications are open until all funds have been expended.

Applicants must schedule an appointment to bring in their completed application with all requested/required information and documents. Please contact the Community Relations Office at 407-562-2779 for more information. Applications that are dropped off or walked in with no appointment will not be accepted. The City of Sanford Community Development Block Grant Program Address:

City of Sanford- CDBG Program
300 N. Park Avenue, 2nd Floor
Sanford, Florida 32771

For additional information and/or questions please call, text and/or email:
Edwige Josue – CDBG Program Manager
Phone: 407-562-2779 / Fax: 407-562-2779
E-mail: CDBG@sanfordfl.gov

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SEMINOLE HAPPENINGS

A LOOK AT EVENTS AROUND SEMINOLE COUNTY

COMMUNITY EVENTS

Computer 101 Basics

Monday, July 3, 2 to 4 p.m., North Branch Library, 150 N. Palmetto Ave. Sanford. Feeling overwhelmed by using computers in your daily life? Learn how to use e-mail, search the internet, create documents & search for jobs. Free. For adults. Registration required - Space is extremely limited. Call 407-665-1620.

Celebration of Freedom

Tuesday, July 4, 5 to 9:30 p.m., Central Winds Park, Winter Springs. Celebrate the 4th of July with a BANG with an evening filled with live entertainment, free kids's area & great vendors.

Flying Needles

Wednesdays, July 5 & 19, 5 to 7:30 p.m., North Branch Library, 150 N. Palmetto Ave. Sanford. Free. For adults & Teens 15+. Flying Needles offers you a place to knit, crochet, or do other needlework. Bring your own project, share tips, techniques & learn from others. Call 407-665-1620.

First Fridays from the Garden

Friday, July 7, Noon to 1 p.m., Zoom webinar. Free. Citrus Trees: The Modern Struggle to Grow Florida Oranges. Monthly lunch & learn talk about different topics each month. Pre-Registration required: <http://seminole-extension.eventbrite.com>

First Fridays with Florida

Friday, July 7, Noon to 1, Zoom webinar. Free. Invasive Caterpillars on Vegetables Crops Webinars open to everyone and applicable to professionals and residents alike. Pre-Registration Required: <http://seminole-extension.eventbrite.com>

Food Court Marketplace

Saturday, July 8, 11 a.m. to 8 p.m. and Sunday, July 9, 12 to 6 p.m., Seminole Towne Center Food Court, 200 Towne Center Circle, Sanford. Free indoor family fun event starts this weekend. Popular bi-weekly marketplace includes: Eat, Food & Shop with local vendors while the kids are playing in the bounce houses/Connect 4/Legos etc. Event supports our special needs community. Donations are accepted. For info call 407-415-4223.

Tertulia Cuatro Gatos

Saturday, July 8, 2 to 4 p.m., North Branch Library, 150 N. Palmetto Ave., Sanford. Free. For adults. Join the Tertulia & participate in talks about literature, art, music, culture & history. Everyone welcome. Program is presented in Spanish. ¡Únete a la Tertulia y participa en nuestras charlas sobre literatura, arte, música, cultura e historia en el segundo Sábado de cada mes. Todos son bienvenidos. El programa es presentado en español. Call 407-665-1620 for info.

Cruise-In Car Show

Saturday, July 8, 5 to 8 p.m., Downtown Longwood. Music, food & show cars. Free. Call 407-280-7101 for info.

Vacation Bible School

Sunday to Thursday, July 9 to 13, First Baptist Church of Geneva is having its Vacation Bible School for children again this summer. Parents can get more information and sign up at <https://firstbaptist-geneva.com/vbs>.

The Museum of Geneva History

Sunday, July 9 & 23, 2 to 4 p.m., 165 1st St., Geneva. Admission free, donations appreciated. There are 2 large rooms full of such things as local archaeological finds, pioneer crafts, Ft. Lane search team finds, family genealogical records, Civil War info. & a violano & Edison cylinder player (both play). Learn about the

story of Geneva & the Lincoln Conspiracy. Buy T-shirts, caps, prints & history books. Good for a family or individuals.

Seniors Day - Walgreens

Tuesday, July 11, Walgreens everywhere. As recently approved by the FDA, individuals no longer need a prescription to buy hearing aids. To support this, Walgreens is now offering budget-friendly options to help relieve the costs of having a communications disorder, making OTC hearing aid devices, which range in price from \$500 - \$1000, easily accessible. Walgreens' Seniors Day fosters an accessible, safe and supported environment. Patients 55 and older and their caregivers can save 20% off eligible regular-priced merchandise, including OTC hearing aids, on the first Tuesday of every month or online all week with code SENIOR20 at checkout.

Teen Video Game Party

Tuesday, July 11, 5:30 to 7:30 p.m., North Branch Library, 150 N. Palmetto Ave., Sanford. Stop by for some retro video games & pizza. Learn to make your own working controller with just pencil & paper. Free. Exclusively for teens ages 13-19. Call 407-665-1620 for info.

Concert in Park

Saturday, July 15, 4 p.m. & concerts starts at 7 p.m., Reiter Park, 311 W Warren Ave. Longwood. Bring family & friends to a concert. Battle of the Food Trucks. For more info call 407-280-7101.

Senior Matinee

Wednesday, July 19, 1:30 p.m., Longwood Community Building, 200 W. Warren Ave., Longwood. Free. Call 407-280-7101 for info.

Tiny Art

Wednesday, July 19, 5:30 to 7:30 p.m., North Branch Library, 150 N. Palmetto Ave., Sanford. Create your own mini art pieces using tiny canvases using your own creativity (no instructor). After your masterpieces are done, we will have a Tiny Art Show in the library where everyone can vote for their favorite art piece. Paintings displayed from July 19 to July 31 & the artist who receives the most votes will win a prize. Call 407-665-1620 for info. Free. For Adults. Registration is required.

Food Court Marketplace

Saturday, July 22, 11 a.m. to 8 p.m. and Sunday, July 23, 12 to 6 p.m., Seminole Towne Center Food Court, 200 Towne Center Circle, Sanford. Free indoor family fun event starts this weekend. Popular bi-weekly marketplace includes: Eat, Food & Shop with local vendors while the kids are playing in the bounce houses/Connect 4/Legos etc. Event supports our special needs community. Donations are accepted. For info call 407-415-4223.

Back to School Funfest

Saturday, July 22, 12 to 3 p.m., 2589 Sanford Ave., Sanford. House Of Christ Ministries and The Corey Donaldson Foundation Inc., has partnered together to provide youth and families with free supplies and resources for the 2023-2024 school year. For more info call 321-363-0664 or email thecoreyfoundation@gmail.com

Guitar Club

Wednesday, July 26 (4th Wednesday of every month), 5:30 to 7:30 p.m., North Branch Library, 150 N. Palmetto Ave., Sanford. Free. For adults of all skill levels. Jam with fellow guitar players of all skill levels & try your hand at musical improvising. Open to other stringed instruments such as ukulele, mandolin, etc. Call 407-665-1620 for info.

Newcomers of Central Florida Red, White & Blue Luncheon



Top left: Gail Bourdreaux, Helen Hoppmann, Maryellen McCullagh, Diana Engling and Linda Gallagher at Newcomers of Central Florida's June 15 Red, White and Blue Luncheon at the DoubleTree by Hilton/UCF Area. Top right: Virginia Gallaway and Joan Hansen at the Newcomers luncheon. Center left: Seated: Sandie Blount and Joyce Hefke; standing: Marge Ahearn and Dede Fluhr. Center right: Newcomers of Central Florida's newly installed Executive Board for 2023-2024: VP-Luncheons Loraine Nelson, VP-Membership Diana Engling, Treasurer Helen Hoppmann, President Sue Horn, Corresponding Secretary Pat Cranford and Parliamentarian Joan Hansen (Not pictured: Recording Secretary Patti Zedo). Bottom left: Newcomers President Sue Horn with Red, White and Blue costume contest judges and new members: Jill Saltzman, Julie Jaeb and Doris Rosen. Bottom right: Costume contest winners were Bunny Hayden and Jean Wilson.

Women's Veterans Day, Salute to Sisters shares Photos from Event



A Women's Veterans Day - Salute to Sisters was recently held honoring men and women who support women who fought for freedom.

Photos contributed

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PEOPLE

A GLANCE AROUND TOWN AND COUNTY

Dr. Bedard - "What Do I Wear to the Execution?"



Photos contributed

Left: Laura E. Bedard Ph. D. Right: Cover for her book.

By Susan Wenner
Herald Publisher/ People Editor

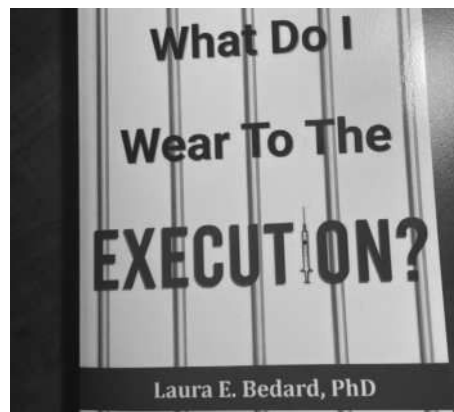
Sanfordite, Laura E. Bedard, Ph.D. began working in corrections as a jail administrator in 1984, it was that experience, as well as her training and education that brought her to her new title as Author. She has loved reading since her childhood but considers herself "a page turner" and not really an electronic book sort of gal.

Her book published in 2022, "What Do I Wear to the Execution?" is the fictional story of Warden Sarah Jefferson and her trials and tribulations as a woman working in the male dominated field. It is her search, after her brother's suicide, for meaning and purpose in life.

The inspiration for her book stemmed from working in the corrections field and as she added, has served with amazing people doing an incredibly difficult and unrecognized job. In fact, a second book is also in the making.

Background on Bedard is extensive as she has served on the administrative faculty for the College of Criminology at Florida State University for 17 years. During her tenure at the University, she ran a study abroad program in the Czech Republic lecturing on crime topics in an emerging democracy. In 2005, she became the first female Deputy Secretary of the Florida Department of Corrections. There she was responsible for 27,000 state employees and over 200,000 offenders in the third largest correctional system in the country. She has managed state and federal facilities serving as Warden at six facilities in Florida, Texas and Ohio.

Her interest in becoming an author was described as "kind of falling into writing." "I was working in the prison system and started writing down things that happened that I knew 'free world' people would not believe," she said. "Over 20 years or so, I logged these stories and that eventually became the basis for my book. The original book was a memoir, but



I was advised to fictionalize it to avoid litigation. All the stories are true, but some have been combined or embellished to protect the guilty."

Dr. Bedard has published and lectured worldwide on a number of corrections-related topics including women in prison, mental health issues and correctional leadership. She has consulted with the Department of Corrections in Aruba and served on the teaching faculty of the University of Central Florida. She sits on the Criminal Justice Policy Council for FDLE, on the Florida Corrections Accreditation Commission and she was recently elected to a term on the American Jail Association Board. Dr. Bedard is currently serving as the Chief of Corrections for the Seminole County Sheriff's Office in Sanford.

Recognition in her field and education are the 2020 Detention Administrator of the Year from Jailcon; and the 2012 FSU Friends and Alumni Hall of Fame.

She has been married to her husband Roy for 29 years and they have two grown children.

When Bedard isn't writing or working she is involved with Sanford Woman's Club, Sanford Historic Trust, Golf Cart Gurus and on several state and national boards such as Commissioner with Florida Corrections Accreditation Commission and Criminal Justice Executive Institute Policy Council. She has also written over 45 articles on the corrections, counseling, intervention, careers in criminal justice, drug abuse, anxiety prevention, female offenders and many more. Her areas of research have been Corrections Mental Health, Partnership Prisons, Women and Prison, Treatment and Counseling, Corrections, Past Trauma and Criminal Delinquent Behavior, Abuse and Family Violence.

Her hope is to continue writing and get her book into stores around the country.

Go to www.drlaurabedard.com to purchase "What Do I Wear to the Execution?" or purchase at Spellbound Bookstore, 117 S. French Ave, Sanford.

Show featuring Memory Care Residents' Art



Special to the Herald

The Watermark at Vistawilla, an assisted living and memory care community in Winter Springs, hosted an art show with pieces from its memory care residents to raise money for the Alzheimer's Association on June 21. Pieces included canvas paintings, jewelry and a variety of mixed media art, all created by memory care residents during the community's regular art classes.

Each year, the Alzheimer's Association encourages people around the world to host fundraisers on the summer solstice – or The Longest Day – which fell on June 21. Their hope is to bring light to the darkness of Alzheimer's disease and help create awareness and raise money to find a cure.

"Alzheimer's affects more than memory, it affects an individual's mood, behavior, language and ability to complete normal everyday tasks," said Patricia Wallace, Executive Director of The Watermark at Vistawilla. "Our hope is that the art show increases awareness about the disease and showcases one of the ways our memory care residents are thriving."

Research suggests that artistic engagement can help ease the common behavioral symptoms of Alzheimer's disease like anxiety, depression, and agitation. It can also boost mood and self-esteem and create a pathway for emotional expression.

During The Watermark at Vistawilla's weekly art class, the community uses music and aromatherapy to create a multi-sensory calming experience. The class, which is held every Monday, is taught by Community Life Director and Certified Dementia Practitioner Kimberly Dike. Dike engages with residents during the class and shows them step-by-step how to create the featured painting.

"We are really creating an experience, and as a result, so many of our residents come alive during the class," said Dike. "We've had family members drop in during our class and have commented on how peaceful their mom



or dad seem while painting. They can sit with them and talk and enjoy the experience alongside of them. It's been incredible to see the change week after week and to know that this class is truly making a difference in the lives of our residents."

To donate to The Alzheimer's Association, visit <http://act.alz.org/goto/Vistawilla>.

About The Watermark at Vistawilla

Located in Winter Springs, Fla., The Watermark at Vistawilla is an 87-apartment assisted living and memory care community located at 1519 E State Rd 434. Differentiators of the new community include certified associates, continuous care and hands-on educational programming. Owned and managed by Watermark Retirement Communities, The Watermark at Vistawilla is committed to creating an extraordinary community where people thrive. For more information, visit vistawilla.watermarkcommunities.com.

About Watermark Retirement Communities®

Watermark creates extraordinary and innovative communities where people thrive. We believe aging is about renewal rather than retirement. Watermark communities are known for highly trained and caring associates, a lifestyle built on choice, fine amenities, integrative wellness and innovative programs including the award-winning Watermark University featuring a wide variety of engaging classes for residents and area seniors. Watermark has been named in the top 25 Best Workplaces for Aging Services in a national program conducted by the Great Place to Work Institute and published on Fortune.com. A privately held company with a reputation for over 30 years for service, innovation, integrity and financial stability, Watermark manages more than 70 retirement communities in 22 states coast to coast. Based in Tucson AZ, Watermark is ranked as the nation's 10th-leading senior housing operator by the American Seniors Housing Association. Visit watermarkcommunities.com for more information.

October Broadway shares about Experience in Home-Schooling and What Benefits it has Offered



October Broadway is 14 years old, home-schooled and is a Boy Scout, a Girl Scout, a Civil Air Patrol Cadet and is Open-Water SCUBA certified.

By October Broadway

I was schooled in a brick-and-mortar school prior to the COVID outbreak but then began home schooling. I'd like to discuss with you the three areas most important to me. They are safety, educational advancement, and socializing.

Safety -

Since the Shooting at Parkland, there have been over 900 school shootings in our country ([https://theconversation.com/five-years-](https://theconversation.com/five-years)

[after-parkland-school-shootings-havent-stopped-and-kill-more-people-198224](https://theconversation.com/five-years-after-parkland-school-shootings-havent-stopped-and-kill-more-people-198224)). This does not count incidents where a student was caught with weapons prior to a shooting. When my father was a young boy, during the Cold-War era, they had Nuclear Bomb Drills, called "Duck and Cover". Now we have "Active Shooter" drills in our classrooms. Granted, anyone can die anytime, but why greatly increase our chances by gathering in a large group in a confined area? At my home, I feel much safer, as I can focus on my school work and not fear for my life

Educational Advancement -

Let's take a math class, and use it as an example. A student in a brick school, in Volusia County according to the school board will spend on average 142.2 minutes of class in this math class during a full school year. Keep in mind, this is only scheduled time. It does not take into account, Fire Drills, Assemblies, Active Shooter Drills, as mentioned before, or disruptive students taking away class time. Now, the teacher can only move forward based on the class's ability. We all know, that different children, move at different paces, so the class can only move forward so fast even it

means other children are bored and become uninterested. At home, I am uninterrupted during my 6-hour school day, other than breaks and lunch. I receive five hours per day of quality learning time. This means, it only takes twenty-eight days to complete an entire year of work in less than a month. Multiply that by four core classes, Language Arts, History/Geography, Math, and Science. An entire year, in four months, in the safety of my home. Home school teachers are available pretty much anytime they are needed, and my father is only a phone call away, if not in the next room, for assistance. I get my PE by going to the Ormond Beach YMCA daily, and me and my father visit many museums together and travel a little since I have so much extra time. The extra time gives me many choices for my extra-curricular activities.

Socializing -

It's been documented, that people need to socialize, especially the youth. This is where we learn to socialize. In brick schools, we get to socialize, be it between classes, at lunchtime, and even during Active Shooter drills. The student gets to see her friend's new

dress or find out what she did last weekend. Also, see her new 16-year-old friend's tattoo, which her parents don't know about, or take a shot of booze her friend took from their parent's house. Maybe try her other friend's new Vape pen. With good socializing, comes bad socializing. Teachers can not be expected to watch hundreds of children constantly. As a homeschooler, my spare time allows me to be in numerous youth organizations. I am a Boy Scout, Girl Scout, and a Civil Air Patrol Cadette. I also attend our local Boys and Girls Club. All of these activities are carefully monitored by adults, so I get quality socializing on a regular basis.

Conclusion -

Though every child and family is different, this may be a great conversation for your family readers to have during family meetings prior to the next school year. I myself have been able to advance an extra school year, join great organizations, obtained my Open Water SCUBA Certification, and see a lot of our country. I have been raised by a single father. Thank you for your time and consideration.

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OBITUARIES

GLORIA MASON LONG

Funeral Services for Mrs. Gloria Mason Long, 71, who passed June 19, 2023, will be 2 PM Sunday, July 2, 2023, at New Bethel Missionary Baptist Church, 618 E. 10th St., Sanford, FL with Rev. Dr. Sidney Crudup II, presiding and Rev. Victor Dargan delivering the eulogy. Interment will follow in Restlawn Cemetery, Sanford, FL.



Gloria Mason Long

Calling hours will be from 5 PM – 7 PM (Saturday, July 1st) at New Bethel Missionary Baptist Church. Gloria Long was born May 14, 1952, to the late David Mason and Nellie Pearl Thomas in Sanford, FL. Gloria was a graduate of Crooms High school class of 1970. She was employed with the Department of Transportation with the

Seminole County Public school until her retirement. Her passion was cooking, fishing, and making floral arrangements.

She was married to the late William “Fish” Long. Mrs. Long was a member of New Bethel Missionary Baptist Church, where she served on the Youth Department, Women of Purpose, and the choir. She leaves to cherish her memory, daughter: Aurea Nathan, sons: Larry Nathan, Jr., and Kevin (Carleen) Nathan, grandchildren: Kheyaanna Nathan, O’Shay Redding, De’Andre Kimberly, Ja’Kai Nathan, O’Vante Redding, Khyra Nathan, Jarvis and Taylor Thompson, Sister: Willie Pearl Mason, Brother: Lawrence Edward Mason, great grandchildren: Skylar Nathan and Adrianna Owens and host of nieces, nephews and other relatives and friends.

All arrangements entrusted to Gail & Wynn’s Mortuary, Inc. www.GailWynnsMortuary.com

DWAYNE A. (GRIZZLY) MOORE

Dwayne A. (Grizzly) Moore passed June 15, 2023 from complications of cancer.

He was born May 10, 1966 in Lebanon, Indiana. He moved to Sanford with his family in 1982. He graduated from Seminole high School in 1984.



Dwayne A. (Grizzly) Moore

He is survived by his mother Susan (Stan) Gorecki; brother, James Moore of Lake Alfred, Fla.; sister, Jessica Smith of Winter Garden, Fla.; aunts and uncles, Sally (Frank) Smith of Palno, Texas, Jeff (Sara) Small of Sanford, Fla., Jenny (Richard) Farrel of Bend, Oregon, and Jacquie Cooper of Casselberry, Fla.

Memorial services will be held at a later date.

BALLOT

Continued from Page 1

With the Florida Legislature’s passing of SB 90 in 2021, a vote-by-mail request will now only cover all elections through the end of the calendar year of the next scheduled general election. Any vote-by-mail request that was made prior to January 1, 2023, is now expired.

According to the Elections Office, when that expiration date occurred, Seminole County went from about 100,000 vote-by-mail requests to zero overnight.

All Seminole County voters who wish to vote-by-mail will need to submit a new request in order to receive their mail ballot for all elections up to and including the 2024 General

Election. Currently, about 6,000 residents have re-registered up for vote-by-mail.

“Earlier this week, my office began reaching out to Seminole County voters, informing them of their need to make a new vote-by-mail request,” said Supervisor Anderson. “We’re preparing for the 2024 election season now! Voters who wish to vote-by-mail should make their request today in order to be election ready.”

Consisting of multiple waves of targeted communication, including physical mail, social media, email, and more, the elections office is hoping to reach as many of those who previously voted by mail as they can, and voters who now wish to take advantage of one of the easiest, safest, and most convenient ways to vote.

Voters are encouraged to

complete their new request online at www.VoteSeminole.gov/vot e-by-mail. They can also mail in their request or give us a call at 407-585-VOTE (8683). Vote-by-mail requests now require either a Florida driver license number, Florida identification card number, or the last four digits of your Social Security number in order to be processed. If anyone is experiencing difficulties with the online service due to the new identification requirements established by SB 90, please give the office a call.

If a voter is ever curious about whether or not the mail they are receiving is directly from our office, they can look for the official election mail logo, or visit officialectionmail.org to verify.

MOSQUITO

Continued from Page 1

County is now reminding residents how they can prevent mosquitos breeding.

Also, in response to this week’s CDC bulletin on Malaria cases acquired in Florida, the Seminole County Mosquito Control Program continues to provide larvicide and adulticide applications in areas with stagnant water or based on resident requests. Additionally, sentinel chickens are tested weekly for the presence of mosquito-borne illnesses via antibodies to monitor what, if any, mosquito-borne illnesses are in Seminole County.

- Mosquito Control reminds the public to follow these tips to reduce the mosquito population at home:
 - Drain stagnant water from containers like buckets, bromeliads, flower pots, toys, bird baths and/or anywhere water can collect and puddle
 - Cover or discard containers to prevent mosquitos from accessing standing water
 - Clean gutters and drains regularly
 - Keep swimming pools well-maintained and chlorinated
 - Protect yourself from mosquitos, especially at dawn and dusk, by wearing repellent containing DEET
 - Request treatment from Mosquito Control at <https://www.seminolecountyfl.gov/mosquito> or by calling 407-665-5542

SENIOR NEWS LINE:

Memory Aids We Can Use

By Matilda Charles

There may come a time when you can no longer immediately remember the 25 telephone numbers that used to be easily recalled. I suspect it comes to us all. When it does, it’s time to start making lists.

Having a cellphone is probably the easiest way to save all those numbers. But the problem comes when the phone is on its charger and can’t be accessed. Written lists are a lifesaver then.

I made such a list for my father many years ago, not suspecting then that I would need the same type of list someday. I’d taped his list inside the cabinet door in his kitchen, the one right above the phone on the wall.

I now have a similar list taped to the inside of my own cabinet door, but in one other place as well: a slim piece of paper on the side of my computer monitor. Of the two, that’s the most handy because I’m often at the computer.

I’ve also made a list for the other side of the monitor of important dates with items such as inspection and new tags for the car and the next date to pick up a three-month batch of prescriptions at the pharmacy.

One thing that was helpful for my father years ago when he was very senior and using his first computer: I made him a notebook of instructions. In a three-ring binder I put pages with one instruction per page, with titles like “How to Send Email,” and I’d start each instruction with “Turn on the computer,” because that’s where his skill level was. Periodically, as his computer skills grew, he’d request additional instruction pages. It was a lot easier than trying to teach him by telephone.

Nowadays, if he were still living, I’m sure I’d be creating a “How to Use the Cellphone” notebook for him. I’d be happy to.

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FOURTH

Continued from Page 1

ered spaces between Palmetto Avenue and San Juan Avenue. Everyone can relax to music hosted by K92.3’s Jay Edwards, visit food and drink stations, shop the wide variety of vendors and be entertained by live performers along the

Riverwalk. The night will end with a spectacular pyrotechnics show choreographed to patriotic music over Lake Monroe at about 9:15 p.m. A few reminders for those in attendance:

- No personal fireworks of any kind are allowed.
- Only small personal coolers (ex: 12”x12”) are allowed in the event area
- All bags and containers are subject to search at all

- times.
 - Alcohol, glass containers, and Styrofoam are prohibited.
 - For the safety of your pet and others, pets are not allowed in the event area.
 - Golf carts are prohibited in the event footprint.
 - The event venue is on Seminole Boulevard from Palmetto Avenue to Mellonville Avenue and from the lakefront to 1st Street.

REEI

Continued from Page 1

“The establishment of the committee signaled a commitment to do more than paint a mural, but address the culture of the city to ensure that all residents, visitors, and people who work in Sanford feel welcome and experience a sense of inclusion and belonging,” committee liaison Nicole Osburn said. The committee began working in October 2021 when the City of Sanford hired the Peace and Justice Institute (PJI). PJI acted as a guide for the budding committee, helping the members create dialogue surrounding race and equality issues.

REEI held a series of Sanford Speaks meetings to discuss the community’s concerns. At these events, the diverse group of Sanford leaders listen directly to the people and find ways to take action on the concerns of the community.

So far, the committee has received recommendations regarding city employee training, communications, police engagement, and inclusive community events. “Participant feedback will help the City to develop strategies to continue what is working and address concerns that are expressed,” Osburn said.

Beyond expanding Sanford’s inclusivity and diversity, REEI works to ensure that every Sanfordite has access to attainable housing, quality food, and public transportation. To make Sanford feel like home to everyone, the committee is also working to enhance city events by bringing in diverse performers and vendors.

In light of longstanding news surrounding racial inequality in the country, the com-

mittee is doubling down on their commitment to make Sanford as inclusive as possible.

Despite Governor Ron Desantis’ attempts to ban such progressive efforts, Osburn said, “The committee will stay committed to the outlined work so as to foster an increasingly inclusive and welcoming city for all people.”

This year, the committee is focusing on strengthening the relationship between the community and the Sanford Police Department.

Sanford residents can jump in on the conversation at REEI’s upcoming Sanford Speaks events on July 19th at the Dr. Velma H. Williams Community Center and August 22nd at the Sanford Civic Center.

Additionally, the REEI Advisory committee meets in the first floor Utility Training Room at City Hall on the first Monday of every month at 4:00 p.m.

“Everyone who lives, works and plays in Sanford is invited to attend. Young people of high school age and older are welcome,” Osburn said.

Committee member Maria Luisa Lord stressed the importance of spreading the word about the committee and its meetings.

“We want the community to know that we are there. The community is invited to our meetings. Everyone is welcome to come,” Lord said. “We have representatives from every single part of the culture and race in Sanford... You don’t have to be a specific color, you just have to be a culture that feels not welcomed or feels that you need an opportunity, and this is the space.”

As the community increasingly becomes involved in the committee, REEI keeps growing. As of September 2022, the REEI Advisory committee was named a standing committee by Resolution Number 3068.

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- Sunday Holy Mass 8:00 AM (English)
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- Sunday Holy Mass 12:00 PM (Spanish)

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- Sunday Traditional Latin Mass 2:00 PM

Daily Masses
HISTORIC CHAPEL: 800 South Oak Avenue, Sanford, FL 32771

Daily Mass, Monday thru Saturday 8:30 AM (English)
 Weekly Adoration is offered ONLY at the Historic Chapel every Friday after the 8:30am MASS.

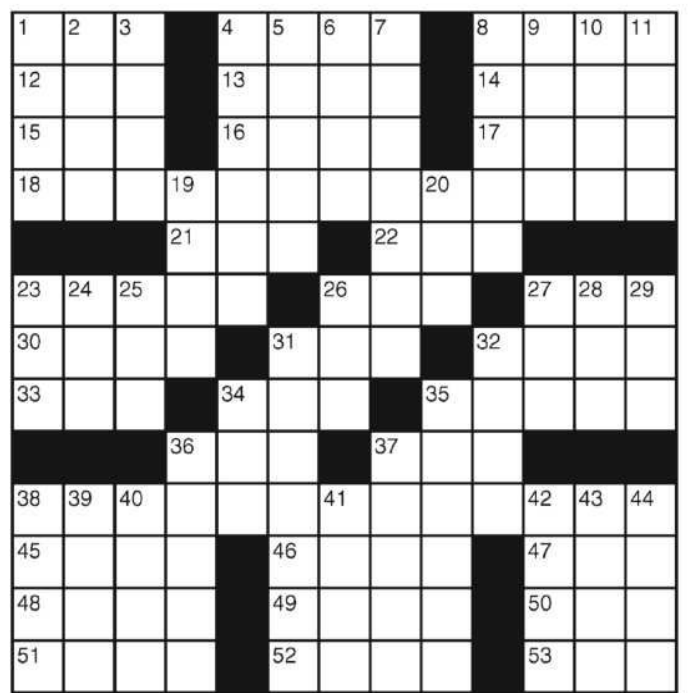
Confessions (Sacrament of Reconciliation)
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SCHEDULED:
 Saturday 9:00-10:00 AM (English)
 BY APPOINTMENT:
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King Crossword

ACROSS

- 1 America's uncle
- 4 "Dracula" author Stoker
- 8 Leftovers recipe
- 12 Chinese chairman
- 13 Roof overhang
- 14 Arizona tribe
- 15 Samovar
- 16 On the rocks
- 17 Hurler
- 18 "Syriana" Oscar winner
- 21 British ref. work
- 22 Caribou king
- 23 Gold-loving king
- 26 "See ya!"
- 27 Scale abbr.
- 30 Privy to
- 31 "Of course"
- 32 Cheer (for)
- 33 Joke
- 34 Chic, to
- 35 Five dozen
- 36 Droop
- 37 Iota
- 38 1997 film starring Nicole Kidman and 18-Across
- 45 Only
- 46 Algeria's neighbor



- 47 Granada gold
- 48 "Mamma Mia" group
- 49 La Scala solo
- 50 Apprehend
- 51 Katy Perry hit song
- 52 Adolescent
- 53 Ninny
- 7 Musical mixes
- 8 Trembled
- 9 Undecided
- 10 Duel tool
- 11 Sly
- 19 Reddish horse
- 20 Flamenco cheer
- 23 "Top Gun" target
- 24 — jiffy
- 25 Pooch
- 26 Nap site
- 27 Bagel topper
- 28 Automaton, for short
- 29 Hog haven
- 31 Pad you bring to exercise class
- 32 Ms. Moreno
- 34 West of Hollywood
- 35 Ape
- 36 Asparagus unit
- 37 Prove untrue
- 38 Despot
- 39 Vagrant
- 40 Exile isle
- 41 Give a darn
- 42 Hawaiian coffee
- 43 Historic periods
- 44 Filches

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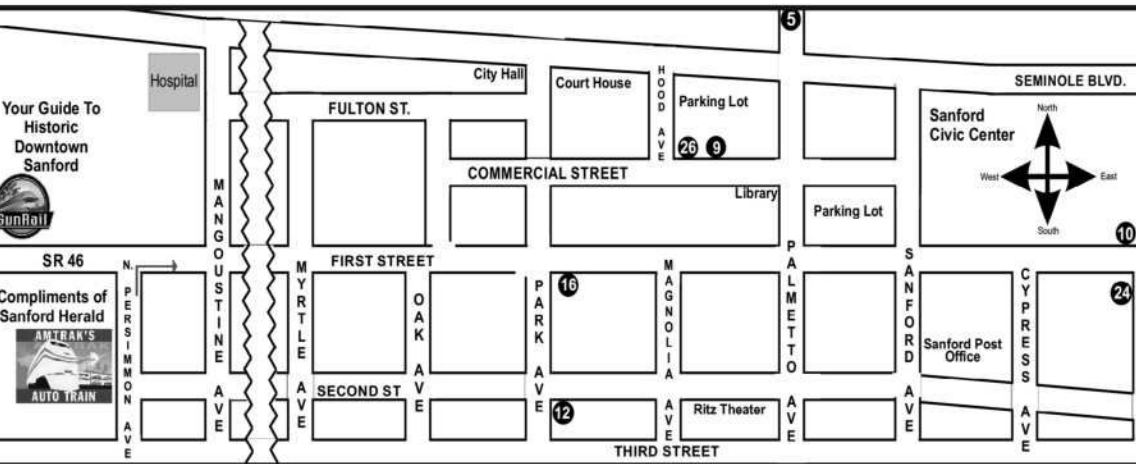
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SCRAMBLERS
 Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!

Placid **TENGLE**
 Charge **MABLE**
 Amble **WADDLE**
 Pivot **NIGHE**

TODAY'S WORD

"The doctor said I should watch my calories at mealtimes...he said nothing about _____ meals!"

WORD LADDERS
 Can you go from PLACE to POUCH in 6 words?
 Change one letter for each rung in the ladder.

PLACE

 POUCH

Weekly SUDOKU
 by Linda Thistle

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

Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ♦♦♦

♦ Moderate ♦♦ Challenging
 ♦♦♦ HOO BOY!

WORD LADDERS
 Can you go from PLACE to POUCH in 6 words?
 Change one letter for each rung in the ladder.

PLACE

 POUCH

King Crossword
 Answers
 Solution time: 21 mins.

SAM BRAAM STEW
 MAO EAVL HOPIL
 URN I C E D O R E L
 GEOR G E C L O N E Y
 M I D A S B Y E L B S
 I N O N Y E S R O O T
 G A G M O D S I X T Y
 T H E P E A C E M A K E R
 S O L E M A L I O R O
 A B B A A R I A N A B
 H O A R T E E N A S S

Trivia test by Fifi Rodriguez

1. GEOGRAPHY: What is the tallest building in the world?
2. GENERAL KNOWLEDGE: What does HTTP stand for in a website address?
3. LITERATURE: Which kind of animals are featured in the novel "Water-ship Down"?
4. HISTORY: When was the first iPhone released?
5. MOVIES: What kind of fish is Nemo in "Finding Nemo"?
6. GAMES: What is the final course on Mario Kart video games?
7. ASTRONOMY: How many planets in our solar system have moons?
8. U.S. PRESIDENTS: Which president was licensed as a bartender?
9. MEDICAL: What is a more common term for somniloquy?
10. TELEVISION: How many cast-aways are on "Gilligan's Island"?

Answers:
 1. Burj Khalifa, Dubai, United Arab Emirates.
 2. HyperText Transfer Protocol.
 3. Rabbits.
 4. 2007.
 5. Clownfish.
 6. Rainbow Road.
 7. Six of the eight planets.
 8. Abraham Lincoln.
 9. Talking in your sleep.
 10. Seven.

SCRAMBLERS
 solution
 1. Gentle 2. Blame; 3. Dawdle; 4. Hinge
 Today's Word
BETWEEN

WORD LADDER
 Answer
 PLACE, PEACE, PEACH
 PERCH, PORCH, POUCH

Weekly SUDOKU
 Answer

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

Sports

Briefs

ORLANDO SPEEDWORLD
Coming up at Orlando Speed World Dragway:
* Today (Saturday) _ JT Performance NHRA ET Track Points Race. Events include Novice Jr. Dragster (8-9 year olds), Intermediate Jr. Dragster (10-12 year olds), Pro Sportsman Jr. Dragster (13-18 year olds), Jr. Street (13-18 year olds), Pro ET, Super Pro, Quick 32, Pro Motorcycle and Sportsman. Gates open at 8 a.m. and Time Trials at 10 a.m. to be followed by Eliminations. Admission is \$20 (kids 10-and-Under free).
* Funday Sunday _ "All Welcome Test and Tune and Grudge Racing" with gates opening at 10 a.m. and racing from 10:30 a.m.-to-5 p.m. \$20 General Admission or \$30 to race.
* WhoopAzz Wednesday _ "All Welcome Test and Tune and Grudge Racing" with gates opening at 6 p.m. and racing from 6 p.m.-to-11 p.m. \$20 General Admission or \$30 to race.
* Thursday _ High Performance Private Session. Exotic vehicles only. Gates open at 4 p.m. ones ready at 5 p.m. and close at 10:45 p.m. Free Parking. Food and Drinks available, Live DJ. Private Sessions admission _ \$125 (car and driver _ helmet and long pants mandatory); general admission _ \$20.
* Friday Night Frenzy Test-Tune _ "All Welcome Test and Tune and Grudge Racing" with gates opening at 6 p.m. and racing from 6 p.m.-to-11 p.m. \$20 General Admission or \$30 to race.
* Saturday (July 8) _ Cars, Coffee and Drags + Roll Racing, Car Show & Racing, Street Cars Only (no race cars, no trailers, no slicks). Gates open a 9 a.m., car show, 9:30 a.m.-to-3 p.m.; drag racing from 9:30 a.m.-to-1:30 p.m., roll racing from 1:30 p.m.-to-3 p.m. Admission is \$5 for spectators or \$25 to race, kids 10-and-Under are free.
The Dragway Information Hotline is at (407) 568-5522 and the website is at www.raceosw.com/dragway/.
SpeedWorld is located 17 miles east of Orlando in Bithlo at 19164 East Colonial Drive, between Orlando and Titusville on Highway 50 at the 520 Cocoa Cutoff.

NEW SMYRNA SPEEDWAY
Race 4 of the Mod-Mini 6-Pack Series will highlight this Saturday's card at New Smyrna Speedway.
In addition to the 50-Lapper for Mod Mini's also taking the track will be the Central FL Air Conditioning and Heating INC. E-Mods, LKQ Super Stocks, Mod Minis, Orange Blossom Woodworks Bomber B's and the 602 Tour Modifieds.
Ticket booths and grandstand gates open at 3:30 p.m. Come early and get \$5 off General Admission until 6 p.m.
Qualifying and Heat Races start at 6 p.m. and feature Racing Starts at 7:30 p.m.
Adult admission is \$15 (reserved seating is \$20, the top six (6) rows of the Main Grandstand) with all seniors (65+) and military (with valid ID for proof of age or Military affiliation) admitted for \$13. Kids 11 years of age and under are free of charge. MUST be accompanied by paying Adult to qualify for Free Admission. Pits - Members (\$20), Non-Members (\$25).
The track is located at the corner of SR. 44 and CR 415, between New Smyrna, DeLand and Daytona.
For information, visit www.newsmyrnaspeedway.com or call 386-427-4129.

See Briefs, Page 8

UCF finishes its decade in AAC with most conference titles Knights officially join the Big12 today

Special to the Herald

UCF has concluded its 10-year tenure in the American Athletic Conference, and during that decade the Knights won more league titles than any other conference member. UCF teams won 52 AAC titles from 2013-14 through 2022-23 — 21 regular-season crowns and 31 more via conference postseason tournaments, league title games or other conference champion designations.
Behind the Knights on the AAC list are Houston (45), SMU (34), Tulsa (30), South Florida (28) and Cincinnati (21).
The highest-achieving Knight sports over those 10 years have been volleyball (11 overall titles — 5 regular season), football (8 titles — 4 regular season), softball (6 titles — 3 regular season), women's soccer (5 titles — 4 regular season) and rowing (5 titles).
In certain years in football and volleyball, the league awarded two championships in years when title games or tournaments were not played.

See UCF, Page 9



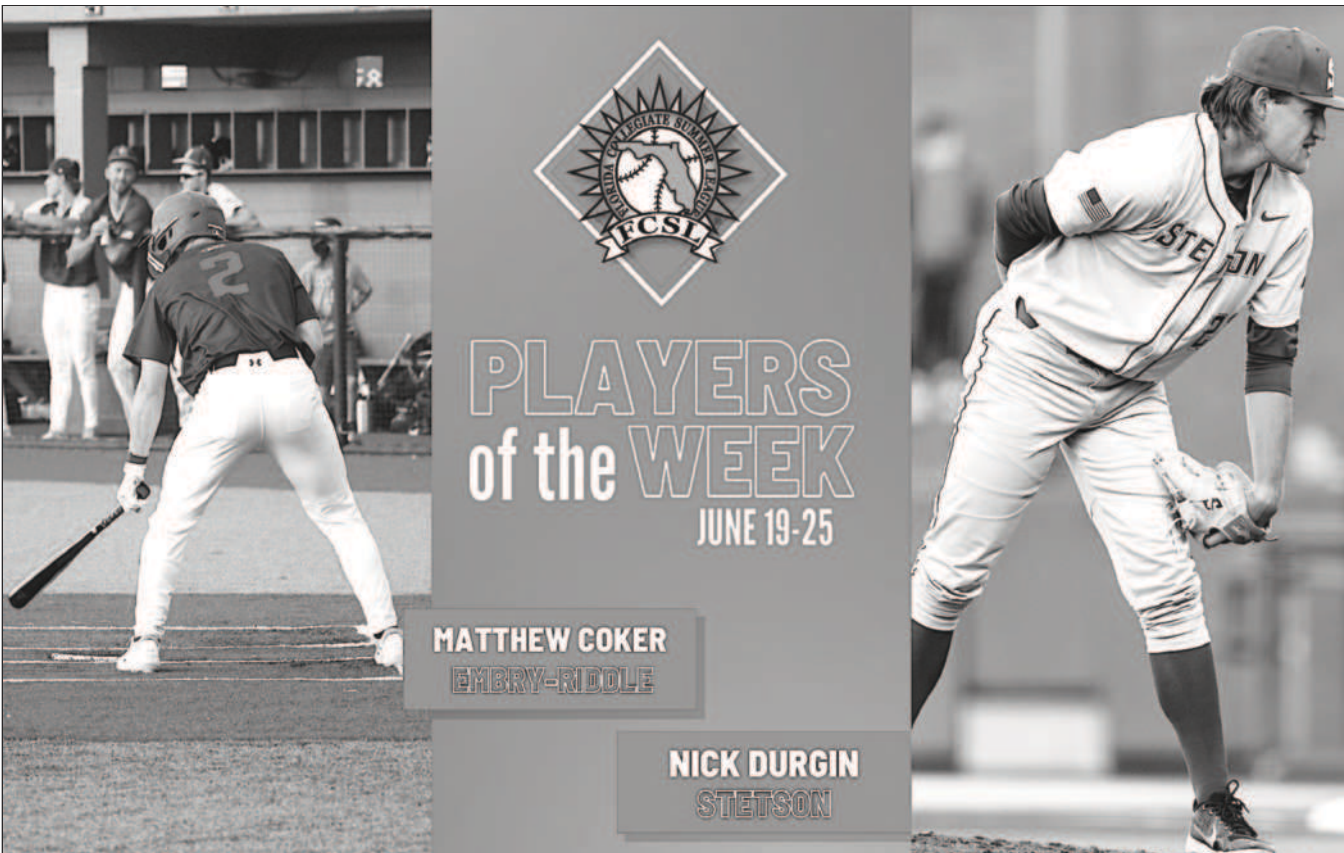
ALL-TIME AMERICAN CONFERENCE CHAMPIONSHIPS

1. UCF	52	5. USF	28	9. Wichita State	10
2. Houston	45	6. Cincinnati	21	10. Tulane	6
3. SMU	34	7. Memphis	13	11. Temple	4
4. Tulsa	30	8. East Carolina	12	12. Navy	1

*Includes overall and regular season championships

Photo courtesy of UCFAA

Best of FCSL - Week 3



PLAYERS of the WEEK
JUNE 19-25

MATTHEW COKER
EMBRY-RIDDLE

NICK DURGIN
STETSON

Diamond Dawgs, Squeeze receive Player and Pitcher of Week honors; Prospect team perfect

From Staff Reports

LAKE MARY — Throughout the 2023 season, the Florida Collegiate Summer League will honor two players at the conclusion of each week. There will be an FCSL Player of the Week and an FCSL Pitcher of the Week. This week's honors represent performances from Monday, June 19, to Sunday, June 25.
This week's FCSL Player of the Week, Winter Park's Matthew Coker (Embry-Riddle), did a little of everything for the Diamond Dawgs. Coker hit .429 for the week, logging six hits in his 14 plate appearances and reaching base nine times. The ERAU Eagle accounted for 11 runs on the week, scoring six and driving in five more, and was a menace on the base paths with seven stolen bases.
Coker even made an impact on the mound, pitching three innings for Winter Park in Sunday's marathon contest against Orlando. Coker allowed just one earned run and two hits in the ninth, 10th and 11th innings, striking out six Snapper hitters. Coker, who also plated two hits with a double and a single, led the Dawgs to an, 11-9, 13-inning, win.
The newest FCSL Pitcher of the Week is Winter Garden Squeeze righthander Nick Durgin (Stetson). The Hatter got the ball Monday against the Winter Park Diamond Dawgs and completely dominated across his five innings of work. Durgin faced just two batters over the minimum, allowing just one hit and one walk while striking out eight Winter Park hitters.
In his first two starts of the season, Durgin has been stellar for the Squeeze. The senior has yet to allow an earned run in his 10 innings on the mound. His strikeout to walk ratio has been superb, allowing just one walk while racking up 13 strikeouts.
Additionally, the Florida League will honor one player from each team that was not selected as Player or Pitcher of the Week.
Here is the list from Week 3:
Player of the Week _ Ahmad Fitts

See FCSL, Page 9



Photos courtesy of FCSL

Winter Park's Matthew Coker and Winter Garden's Nick Durgin (top) were named Player of Pitcher for Week 3 of the Florida League season, while 12 members of the Sanford River Rats (above) all performed well as the Florida League Team went 2-0 at the 2023 NACSB Prospect Games in Lynchburg, Virginia, earlier this week.

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Finally back on the water

Valenti wins Altos Tequila Race; Club prepares for July 4 Cruise and Raft Up

From Staff Reports

SANFORD — After having several events cancelled last week because of inclement weather on Lake Monroe, the LMSA finally returned to action with the seven vessels sailing in the weekly Altos Tequila Race on Wednesday.
James Valenti and crew guided Plan B to the Overall and Displacement Boat victories by a whopping 9-minutes over Bill Holstein on Black Jack Bill, who edged Fisk Hayden and Ole Yeller by just 6-seconds to complete the podium.
Here are the results:
LMSA Altos Tequila Race
Wednesday, June 28, 2023
1. (Displacement 1) Plan B (James Valenti), 1:30:35; 2. (Displacement 2) Black Jack Bill (Bill Holstein), 1:40:05 (minus-0:09:00); 3. (Displacement 3) Ole Yeller (Fisk Hayden),

1:40:12 (-0:09:06); 4. (Displacement 4) Wicklow Way (Rich Gailey), 1:41:19 (-0:10:20); 5. (Displacement 5) Show Me (James Pompei), 1:47:35 (-0:16:19); 6. (Displacement 6) Castaway (Richard McFadyen), 1:58:28 (-0:25:31); 7. (Displacement 7) Shajaira (Bob Fellingham), 2:02:32 (-0:28:57).
The local sailing club is gearing up for a big week as the annual July 4 LMSA Cruise and Raft Up is set for Tuesday, the monthly Ladies Altos Tequila Race comes up on Wednesday (featuring the Lady Captain Division) and the July Race in the LMSA Club Race Series sponsored by Sanford Brewing for the Hayden Trophy will take place next Saturday (July 8).
Here is more information on the schedule:
* Tuesday _ The July 4 LMSA Cruise and Raft Up. Launch at 6 p.m.; Star Spangled Sanford at 7 p.m.; Fireworks at 9:15 p.m. There will be a fun cruise around the lake starting at 6 p.m. at the LMSA Club House on Marina Isle (Lakefront, north past intersection of Palmetto Avenue and Seminole Boulevard).
Star Spangled Sanford begins at 7 p.m. on the RiverWalk (Seminole Boulevard). The kids will really enjoy the Kids Zone, sponsored by Ladies 327, the enormous park playground, and the splash pad (which will be open until sunset) in Ft. Mellon Park. The Riverwalk will be filled with live entertainers, food, drink,

and merchandise vendors and radio station K92.3 will be on hand to keep it festive.
Attendees will raft back out onto the river/lake to enjoy the spectacular pyrotechnics (fireworks) show, choreographed to patriotic music, offshore over Lake Monroe.
* Wednesday, July 5 _ Monthly Ladies Altos Tequila Race. The first Wednesday of every month will be dedicated to a Lady Captain Division in addition to the normal race results. The race course will change from week to week based on weather or other conditions. Please check for a posting on the east door of the LMSA Club House for the course for that night. The course will be posted by 5:30 p.m., the day of the race. If you are looking to crew, be down at the ramp by 5:30 p.m. If you are sailing, the starting window will be between 6:25 p.m.-and-6:30 p.m. Scores will be posted and awards distributed following the race at Tuffy's Bottle Shop Lounge (200 South Myrtle Avenue).
* Saturday, July 8 _ LMSA Club Race Series sponsored by Sanford Brewing for the Hayden Trophy. A great day of racing in a windward-leeward format. Skippers Meeting at 12 p.m. (noon), first race no earlier than 12:45 p.m. Three races are planned and sailors of all skill levels are encouraged to attend.
For more information, visit www.flalmsa.org or call (321) 578-8364.

Ben McCabe named an All-American by four publications



UCF star on ABCA/Rawlings, Collegiate Baseball, the NCBWA and Perfect Game

By Julia Gardiner
UCFAA

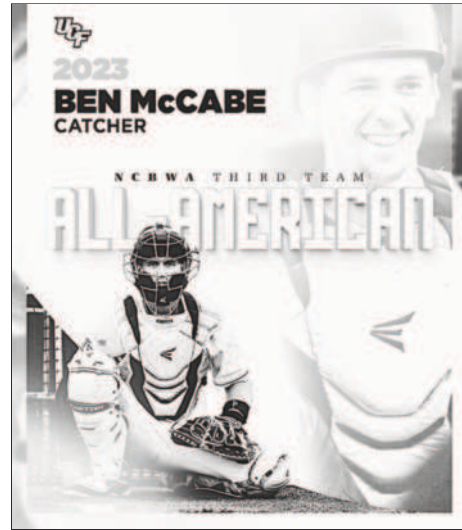
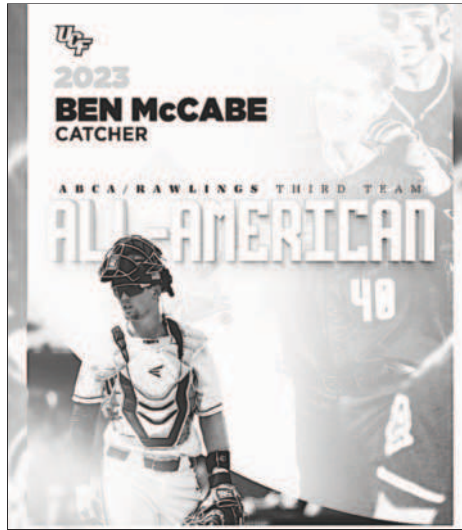
ORLANDO — Ben McCabe, UCF baseball's veteran backstop, has added two more All-America selections to his impressive resume following the 2023 season. McCabe was named a Third Team All-American by Perfect Game and ABCA/Rawlings, as announced by the organizations. Named to the ABCA/Rawlings Southeast All-Region First Team, the Sarasota native and former Sanford River Rat was the first UCF All-Region selection since catcher Dallas Beaver in 2019. The last time a Knight was selected to the All-Region First team was Zach Rodgers in 2015. McCabe also became the first Knight to be named to All-America teams by four organizations since Chris Duffy in 2010 and the first ABCA/Rawlings All-America selection since Duffy the same year.

Here is a list of his Awards:

- * Collegiate Baseball All-America Second Team (2023).
- * ABCA/Rawlings All-America Third Team (2023).
- * NCBWA All-America Third Team (2023).
- * Perfect Game All-America Third Team (2023).
- * ABCA/Rawlings Southeast All-Region First Team (2023).
- * Named to D1 Baseball's Top 50 Catchers list, checking in as high as No. 5 (2023).
- * American Athletic All-Conference First Team (2023).
- * Named to Buster Posey Award Watch List (2023).

UCF/AAC accomplishments:

- Paced the Knights in nine offensive categories: batting average (.371), on-base percentage (.466), slugging percentage (.692), hits (83), runs (63), home runs (19), doubles (15), total bases (155) and hit by pitch (23).
- Led AAC in runs, hits and home runs. Tied for second in batting average. Finished second on-base percentage and slugging percentage.
- Placed in the top 10 in program history in five single-season categories, including second in hit by pitch, tied for second in home runs, fifth in total bases, tied for fifth in slugging percentage and tied for ninth in runs.
- His 19 home runs tied for second in a season in program history. He also broke the career home run record, bringing his total to 49 (2019-2023).
- Led the team in multi-hit games with 25 and had 14 multi-RBI games.
- Tied program single-game home run record with 3, accomplished only 4 times prior in UCF history.
- Had two 5-5 games, the first of which was accompanied by 5 RBI, 4 runs, 3 home runs and a stolen base against Siena, Feb. 17.
- Earned AAC Weekly Honor Roll twice, Feb. 20 and March 13.
- With 23 HBP, broke AAC career hit by pitch record, totaling 44.
- Top 10 in nine UCF career categories — first in home runs (49), fourth in total bases (447), fifth in RBI (184), sixth in games played (232), at-bats (822) and runs (171), tied for sixth in doubles (50), seventh in hit by pitch (44) and ninth in hits (246).
- Landed top 10 in eight all-time categories in the AAC.



Photos courtesy of UCFAA

UCF's Ben McCabe, a former Sanford River Rats, was named to All-America teams by ABCA/Rawlings, Collegiate Baseball, NCBWA and Perfect Game.

FCSL

Continued from Page 8

(DeLand/Florida Southern), Tyler Lejeune (Leesburg/Northwest Florida State), Cole Russo (Sanford/UCF), Michael Ballard (Orlando/Louisiana Tech), Todd Clay (Orlando/Webber International).

Pitchers of the Week — Ashton Pocol (DeLand/Tampa), Grant Edwards (Leesburg/New Orleans), Grayson Moore (Sanford/Vanderbilt), Jacob Burr (Orlando/Webber International), Andrew White (Winter Park/Queens).

Prospect Stars Perfect Again

LYNCHBURG, Va. — The 2023 NACSB Prospect Games came to an end on Wednesday with Florida joining the Hamptons League with a 2-0 record in this year's event.

Florida League 9, Valley League 5 — On Tuesday, the Florida League erased a two-run deficit with just 12 outs to go, and continued their winning ways in the Prospect Games. The final team to make their 2023 debut in Lynchburg got their bats going late, scoring eight runs in the final four innings.

In their second game in Lynchburg, the Valley League jumped out to a 3-1 lead in the first five and half innings. After Florida opened the scoring with a run in the second, the Valley responded with runs in the third, fourth, and sixth innings, with RBIs provided by Parker Stroh (Southern Indiana), Joe Delossantos (William & Mary), and Ryne Guida (FIU).

From there, though, it was all Florida League. The Floridians scored eight of

the final 10 runs, including five in the sixth and three more in the eighth. The five-run sixth was led by a go-ahead two-run single from Drew Cavanaugh (Leesburg/Florida Southern), while the biggest hit in the eighth inning was a two-out, two-run single from Connor Hujsak (Sanford/Mississippi State).

Florida's pitching was led by two of the most electric arms on display this week in Lynchburg. Grayson Moore (Lake Mary High/Sanford/Vanderbilt) and Zack Austin (DeLand/UCF), who both tossed fastballs of 97 mph and above, combined for six strikeouts over three innings. Valley's top pitcher was Ryan Desanto (Saint Joseph's), who recorded two scoreless frames.

Florida League 7, Southern League 3 — The Florida League went unbeaten at the Prospect Games for the third year in a row, needing just three hits to topple the Southern Collegiate Baseball League, 7-3. The Southern doubled Florida's hit total, but all three FCFL hits drove in runs during a stretch of six unanswered runs.

Two first inning runs gave the early lead to the Southern. James Newsome (X) put the SCBL on the board with a two-out RBI double, and Spencer Nolan (X) followed with an RBI single to give the SCBL a 2-1 lead in the opening frame.

But the FCFL scored the game's next six runs before the SCBL got one back in the ninth to account for the 7-3 final score. All three Florida hits came off the bats of Sanford River Rats and accounted for runs, an RBI single from Cole Russo (Sanford/UCF) and a pair of sin-

gles in the eighth inning from Nicholas Collins (Sanford/Florida Southern) and Brayden Woodburn (Sanford/Tampa).

Florida League pitching combined for 14 strikeouts, and did not allow a hit to the Southern League from the third inning through the eighth. Lake Fisher (Sanford/Florida Southern) and Billy Duby (Winter Garden/Undecided) both struck out three hitters, while Duby, Zach Devito (Winter Park/Georgia) and Brett Dennis (Orlando/North Florida) all worked 1-2-3 innings. Blake Altschuler (Brevard) was Southern's top pitcher, tossing two scoreless innings.

Upcoming Schedule:

Saturday, July 1 _ Snappers vs. Squeeze at Olympia High School, 11 a.m.; Lightning vs. River Rats at Historic Sanford Memorial Stadium, 6:30 p.m.; Suns vs. Diamond Dawgs at Alford Stadium, 6:30 p.m.

Sunday, July 2 _ No games scheduled. Monday, July 3 _ Squeeze vs. Suns on Melching Field at Conrad Park, 4:30 p.m.; River Rats vs. Snappers at Lake Highland Prep, 7 p.m.; Diamond Dawgs vs. Lightning at Pat Thomas Stadium, 7 p.m.

Tuesday, July 4 _ Diamond Dawgs vs. Lightning at Pat Thomas Stadium, 5 p.m. Wednesday, July 5 _ River Rats vs. Squeeze at Olympia High School, 11 a.m.; Lightning vs. Diamond Dawgs at Alford Stadium, 6:30 p.m.; Snappers vs. Suns on Melching Field at Conrad Park, 7 p.m.

Thursday, July 6 _ Snappers vs. River Rats at Historic Sanford Memorial Stadium, 6:30 p.m.; Lightning vs. Diamond Dawgs at Alford Stadium,

6:30 p.m.; Snappers vs. Suns on Melching Field at Conrad Park, 7 p.m.

Friday, July 7 _ Florida League vs. Savannah Bananas at Historic Grayson Stadium, Savannah, Georgia, 7 p.m. Saturday, July 8 _ Florida League vs. Savannah Bananas at Historic Grayson Stadium, Savannah, Georgia, 7 p.m.

In other FCFL News:

* Games streamed LIVE on FLOSPORTS — All Florida League games will once again be streamed live and archived for replays on FLOSPORTS this season. For information about how to access this content go to https://www.flobaseball.tv/collections/tag/fcsl/event?view=live-and-upcoming&utm_campaign=fcsl&utm_medium=partner&utm_source=floridaleague.com%2Fview%2Ffcsl&utm_content=website&tid=&coverage_id=

* Monday, July 3 _ Squeeze at Suns: The centerpiece of DeLand's home schedule comes the day before Independence Day, when the Suns host the Squeeze. Fans will be invited to stay after the game to take in DeLand's annual fireworks show, launched from nearby Earl Brown Park.

* Tuesday, July 4 _ Diamond Dawgs at Lightning: "The Pat" on the fourth of July is a sight to behold. Capacity-plus crowds are often seen in Leesburg, as the Lightning and Dawgs battle before the city of Leesburg's extravagant Independence Day fireworks spectacular. This is a must-see for baseball fans in central Florida.

* Friday and Saturday, July 7-8 _ Florida League vs. Savannah Bananas at Historic Grayson Stadium, Savannah, Georgia: It's

time for "BananaBall." The Florida League will be the opponent for the viral antics and baseball stylings of the Savannah Bananas. Playing under "BananaBall" rules, the Florida League will travel as a "Challenger" opponent for two games.

* Go to the link below to download your favorite team's schedule:

- DeLand Suns Schedule _ https://secure.pointstreaksites.com/files/uploaded_documents/3756/2022_DeLand_Schedule_PDF.pdf
 - Leesburg Lightning Schedule _ https://secure.pointstreaksites.com/files/uploaded_documents/3756/Lightning_Schedule.pdf
 - Sanford River Rats Schedule _ https://secure.pointstreaksites.com/files/uploaded_documents/3756/Rats_Schedule.pdf
 - Orlando Snappers Schedule _ https://secure.pointstreaksites.com/files/uploaded_documents/3756/Snappers_Schedule.pdf
 - Winter Garden Squeeze Schedule _ https://shhttps://secure.pointstreaksites.com/files/uploaded_documents/3756/Suns_Schedule.pdf
 - Winter Park Diamond Dawgs Schedule _ https://secure.pointstreaksites.com/files/uploaded_documents/3756/Dawgs_Schedule.pdf
 - Composite League Schedule _ https://secure.pointstreaksites.com/files/uploaded_documents/3756/League_Schedule.pdf
- Go to www.floridaleague.com for more information.

Briefs

Continued from Page 8
ORLANDO PRIDE

Due to severe weather and travel delays encountered by the visiting team, Wednesday's UKG NWSL

Challenge Cup match between NJ/NY Gotham FC and the Orlando Pride at Exploria Stadium has been rescheduled match to July 23 at 7 p.m. and remains available to stream on Paramount+ and internationally on

Watch.NWSLsoccer.com All tickets purchased for the June 28 date will be honored for the rescheduled July 23 match. Season Ticket Members or fans needing assistance can contact their Member Experience

Representative, email tickets@orlandocitysc.com or call 855-ORL-CITY. Orlando Pride (4-8-1, 13 points) are in Washington, D.C. to face the Washington Spirit at Audi Field tonight (Saturday). Kickoff is set for

7 p.m. with the game available to stream on Paramount+. For more information on the Orlando Pride, visit Orlando-Pride.com or follow on Twitter, Facebook or Instagram.

ORLANDO CITY

Orlando City SC (7-5-7, 28 points) is back home at Exploria Stadium to host Chicago Fire FC tonight (Saturday) at 7:30 p.m. For more information, visit orlandocitysc.com or orlando-pride.com.

UCF

Continued from Page 8

Here are the AAC championships won by UCF:

- Football (8 overall, 4 regular season)**
- * 2013 _ regular season and conference champion.
- * 2014 _ regular season and conference champion.
- * 2017 _ regular season and championship game.
- * 2018 _ regular season and championship game.
- * The AAC awarded two championships in years title games were not played, honoring the 2013 and 2014 teams as both regular-season champions and conference champions.
- Men's Soccer (4 overall, 3 regular season)**
- * 2018 _ regular season.
- * 2019 _ regular season.
- * 2020 _ regular season and tournament (played spring 2021).
- Women's Soccer (5 overall, 4 regular season)**
- * 2013 _ regular season and tournament.
- * 2014 _ regular season.
- * 2017 _ regular season.
- * 2022 _ regular season.
- Volleyball (11 overall, 5 regular season)**
- * 2014 _ regular season and conference champion.
- * 2018 _ regular season and conference champion.
- * 2019 _ tournament.
- * 2020 _ regular season and tournament (played spring 2021).
- * 2021 _ regular season and conference champion.
- * 2022 _ regular season and conference champion.
- * The AAC awarded two championships in certain years tournaments were not played, honoring the 2014, 2018, 2021 and 2022 teams as both regular-season champions and conference champions.
- Women's Basketball (2 overall, 1 regular season)**
- * 2022 _ regular season and tournament.
- Women's Indoor Track and Field (3**

- * 2017, 2022 and 2023.
- Women's Outdoor Track and Field (2)**
- * 2022 and 2023.
- Men's Tennis (1)**
- * 2021 _ Champion.
- Women's Tennis (2)**
- * 2019 and 2021.
- Women's Golf (2)**
- * 2015 and 2017.
- Baseball (1 regular season)**
- * 2017 _ regular season Champion.
- Softball (6 overall, 3 regular season)**
- * 2014 _ regular season.
- * 2015 _ regular season and tournament.
- * 2022 _ regular season and tournament.
- * 2023 _ tournament.
- Rowing (5)**
- * 2015, 2016, 2017, 2018, 2019.
- UCF was most successful in terms of winning league titles in 2014-15 (9) and 2021-22 (8).
- Here's the full list of league titles won by conference members over the past decade:
- All-Time AAC Championships**
- 1. UCF _ 52 (21 regular season).
- 2. Houston _ 45 (11 regular season).
- 3. SMU _ 34 (8 regular season).
- 4. Tulsa _ 30 (4 regular season).
- 5. South Florida _ 28 (10 regular season).
- 6. Cincinnati _ 21 (8 regular season).
- 7. Memphis _ 13 (5 regular season).
- 8. Wichita State _ 10 (4 regular season).
- 9. East Carolina _ 12 (4 regular season).
- 10. Tulane _ 6 (2 regular season).
- 11. Temple _ 4 (3 regular season).
- 12. Navy _ 1 (1 regular season).
- UCF officially joins the Big 12 Conference today (July 1) and will begin league play in the 2023-24 athletic year. The Knights' opening conference contests come Sept. 14 in women's soccer (a home match vs. West Virginia), Sept. 21-22 in volleyball (at Cincinnati) and Sept. 23 in football (at Kansas State).

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LEGALS LEGALS LEGALS LEGALS

NOTICE OF WORK SESSION, BUDGET PUBLIC HEARING & SCHOOL BOARD MEETING

The Seminole County School Board will hold three meetings on Tuesday, July 25, 2023. The Board will meet at 12:00 p.m. for an Insurance Committee/Legislative Priorities/Open Discussion Workshop. The Board will hold a Budget Public Hearing for the purpose of adopting the 2023-2024 Tentative Budget at 5:05 p.m. The Board will then meet at 5:30 p.m. in regular session. All meetings will be held at the Educational Support Center, 400 E. Lake Mary Blvd., Sanford, Florida. If you wish to obtain a copy of the agendas, please contact Jill Mahramus, Clerk to the School Board, 407/320-0241. Persons with disabilities requiring assistance to attend the meeting should contact Mark Russi, 407/320-0321, TDD 407/320-0290 or Florida Relay (v) 800/955-8770. NOTICE: If a person decides to appeal any decision made by the School Board, agency or commission with respect to any matter considered at such meeting or hearing, he or she will need a record of the proceedings, and that for such purpose, he or she will need to insure that a verbatim record of the proceedings is made, which record includes the testimony and evidence upon which the appeal is to be based. F.S. 286.0105.

Publish: July 2, 2023 F166

NOTICE OF MEETINGS

The Seminole County School Board will meet in two Master Board training sessions. The Board will meet on July 27, 2023, at 11:30 a.m. and August 22, 2023, at 11:30 a.m. to receive training entitled "Building Governance Team Protocols; Communication & Culture; and Governance Team Roles & Responsibilities." All training sessions will be held at the Educational Support Center, 400 E. Lake Mary Blvd., Sanford, FL 32773. For additional information please contact Jill Mahramus, Clerk to the School Board, 407/320-0241. Persons with disabilities requiring assistance to attend the meeting should contact Mark Russi, 407/320-0321, TDD 407/320-0290 or Florida Relay (v) 800/955-8770.

Publish: July 2, 2023 F167

Notice of Public Hearing to Consider a Certificate of Appropriateness for Demolition

Notice is hereby given that a Public Hearing will be held by the Historic Preservation Board in the City Commission Chambers, City Hall, Sanford, Florida, at 5:30 PM on Wednesday, July 19, 2023, for a proposed Certificate of Appropriateness for demolition at 902 Oak Avenue

Request: A Certificate of Appropriateness for demolition of a storage building.

Legal Description: LOT 1, BLOCK 11, TR 5, TOWN OF SANFORD PB 1 PG 59

Parcel Number: 25-19-30-5AG-1105-0010

The property being more generally described as a storage building on the All Souls Catholic School playground, near the intersection of 10th Street and Oak Avenue, known as 902 Oak Avenue.

All parties in interest and citizens shall have an opportunity to be heard at said hearing.

By order of the Historic Preservation Board of the City of Sanford, Florida, this 5th day of July, 2023.

Mary Moskowitz, Chairperson Historic Preservation Board

In accordance with the Americans with Disabilities Act, persons with disabilities needing assistance to participate in any of these proceedings should contact the City Clerk at 407.688.5012 at least 48 hours in advance of the meeting. Advice to the public: If a person decides to appeal a decision made with respect to any matter considered at the above meeting or hearing, he or she may need a verbatim record of the proceedings, including the testimony and evidence, which record is not provided by the City of Sanford. (FS 286.0105)

Publish: July 2, 2023 F168



Advertisement for Porzig Realty. Text includes: 'PUT OUR TEAM TO WORK FOR YOU! Start Your Search For A New Home At', 'Porzig Realty', 'Serving Central Florida since 1979', 'Hours: M-F 9-5 pm, Sat 9-1 pm', '705 C. S. French Ave. Sanford, FL 32771', '407-322-8678'. It also lists services like 'We Open Doors!' and 'LIST YOUR PROPERTY'.

Advertisement for Right Choice Adult Care & Activity Center. Features a signpost with 'HELP', 'SUPPORT', 'ADVICE', and 'GUIDANCE'. Text includes: '590 Rinehart Road, Suite 6 Lake Mary, FL 32771', '(407) 574-4751', 'Cell: (786) 355-9524', 'info@rightchoiceadulthoodcare.com', 'www.rightchoiceadulthoodcare.com'.

Advertisement for Edward Jones. Text includes: 'Edward Jones', 'A place to grow your money for a rainy day', 'Bank-issued, FDIC-insured 5.25% 1-year APY*', 'PJ Anderson Financial Advisor', '142 W Lakeview Avenue Suite 2000 Lake Mary, FL 32746 407-302-1508'.

Advertisement for St. Johns River Steak & Seafood. Text includes: 'Join us at ST. JOHNS RIVER STEAK & SEAFOOD for Sanford's only full-service lakefront dining experience.', 'Indoor and outdoor seating available. Call ahead or visit us online for preferred seating times.', '550 N Palmetto Ave; Sanford, FL 32771 407-878-0980 • stjrss.com'.

Advertisement for Kenscoins. Text includes: 'KENSCOINS At Park & 2nd', 'Kenneth Dittmann, Numismatist 407-321-2211', 'WE BUY & SELL COLLECTOR & INVESTMENT COINS GOLD, SILVER, PLATINUM BANKNOTES & CURRENCY GOLF CARTS COMPLETE ESTATE BUYERS & LIQUIDATORS', 'ken@kenscoins.net 407-334-4560 Antiques & Collectibles 200 S. Park Avenue Sanford, FL 32771'.

Advertisement for Pope Plumbing Incorporated. Text includes: 'POPE PLUMBING INCORPORATED', 'Specializing in Residential Service & Repairs RE-PIPES • INSTALLS • DRAIN CLEANING', 'LOCATED IN SANFORD Serving Sanford, Orlando, DeLand And All Surrounding Areas', 'POPEPLUMBINGINC.COM 407-267-6677 CFC1427564'.

Advertisement for Wilson-Eichelberger Mortuary, Inc. Text includes: 'Complete Funeral Services & Cremations', 'What is Important is the Peace of Knowing We Care For Your Loved One!', 'Wilson-Eichelberger Mortuary, Inc. SINCE 1955 Ms. Eunice I. Wilson, Founder', '407.322.5212 1110 Pine Avenue • Sanford, Florida P.O. Box 974 • Sanford, FL 32772-0904 (Mailing Address) • 407.322.1173 Fax'.

Advertisement for Smith & Eulo Law Firm. Text includes: 'Arrested or Charged with a Crime? SMITH & EULO LAW FIRM', 'Over 80 Years of Combined Experience AVAILABLE 24/7 *Hablamos y Entendemos Español*', 'All Felonies & Misdemeanors All DUI & Criminal Traffic Offenses Bond Hearings • Expungements & More', 'Free Phone Consultations Call us now to speak with one of our Attorneys 352-WIN-4YOU (352-946-4968)'.

Advertisement for Yellow Door Realty, LLC. Text includes: 'YELLOW DOOR REALTY, LLC.', 'Trusted & Proven Buy • Sell • Invest • Commercial • Wholesale • International', 'Located in Historic Downtown Sanford Nancy Groves, Broker', '407-900-8997 www.facebook.com/HomesOrlandoUSA'.

Advertisement for Florida Telecommunications Relay, Inc. Text includes: 'LOUD, CLEAR, FREE!', 'Easy to Qualify: Florida Resident, Over the age of 3, Have a Hearing Loss or Speech Disorder', 'Apply Online: www.ftri.org/free Or Call: 888-497-1410', 'Florida Telecommunications Relay, Inc. 888-497-1410 www.ftri.org'.

Advertisement for Certified Marijuana Doctors. Text includes: 'GET YOUR MEDICAL MARIJUANA CARD', 'CERTIFIED MARIJUANA DOCTORS', 'GUARANTEED TO GET YOUR CARD OR YOU PAY NOTHING', 'DRY FLOWER, VAPES, TINCTURES, CREAMS, PILLS; MEDICAL MARIJUANA AVAILABLE IN ALL FORMS!', 'OCALA 352-414-4545 1713 E SILVER SPRINGS BLVD, OCALA, FL 34470 LEESBURG 352-306-0133 813 W N BLVD, LEESBURG, FL 34748 DELAND 386-232-5599 100 S SPRING GARDEN AVE, DELAND, FL 32720 ORLANDO 407-755-0012 1801 E COLONIAL DR, ORLANDO, FL 32803', 'OPEN 9 AM TO 5 PM I M TO F LICENSE NUMBER 08874 WWW.SMOKINGMARIJUANADOCTORS.COM 18 LOCATIONS TO CHOOSE FROM'.