



SANFORD SELECTS NEW CITY ATTORNEY

On March 17, 2025, The Sanford City Commission voted unanimously to select the Orlando Firm of DE BEAUBIEN SIMMONS KNIGHT MANTZARIS & NEAL LLP



ATTORNEY LINDSAY N. GREENE will Serve in the Position of City Attorney



Attorney Lindsay N. Greene

SANFORD HERALD



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Vol. 134, No. 77 • © 2025

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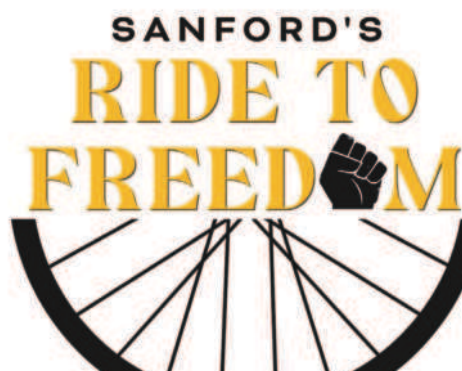
Baseball, LAX and Water Polo continue to close in on State Championships

See Sports - Page 8



4th Annual Sanford's Ride to Freedom - May 17

See Seminole Happenings - Page 4



Andre Agassi will play at the US Open Pickleball Championships next week

From the Associaed Press

Andre Agassi collected two of his eight Grand Slam tennis titles at the U.S. Open and now he'll be competing at a different racket event with that name.

Agassi, who retired from professional tennis in 2006 after playing his last match at Flushing Meadows, will line up alongside teenager Anna Leigh Waters in the mixed pro division at the U.S. Open Pickleball Championships next week in Naples, Florida.

Agassi, who turns 55 next week, has participated in made-for-TV pickleball exhibitions with other former tennis players and can be seen pitching pickleball equipment via social media. This will be his first professional pickleball appearance.

He won the tennis U.S. Open in 1994 and 1999, completed a career Grand Slam by winning at least one championship at each of that sport's majors and was inducted into the International Tennis Hall of Fame in 2011.

It was announced earlier this month that Agassi will be a studio analyst for TNT Sports during the semifinals and finals at the French Open this year.

Pickleball is a mix of tennis and ping pong that uses paddles and a wiffleball. It quickly rose from nearly nothing to more than 13 million players in the United States in just a few years.

Seminole State's Spring 2025 Commencement set for April 29

From Staff Reports

Seminole State College of Florida will award over 2,800 degrees and certificates during its Spring 2025 Commencement on Tuesday, April 29. The ceremony will be held at 7 p.m. in Addition Financial Arena at University of Central Florida (UCF). More than 2,000 students are set to earn credentials this spring.

The keynote speaker will be Maritza Martinez-Guerrero, vice president of external affairs and philanthropy for the Orlando Magic. She joined the Magic in 2023 after 22 years at UCF, where she served as associate vice president for government and community relations.



Photo contributed

See SEMINOLE, Page 6 Maritza Martinez-Guerrero.

One person and One Cat Rescued in Casselberry House Fire



Photo contributed

Firefighters on the scene.

By Michael Shen
Herald Intern

It seems that cats really do have nine lives. One person and a cat were rescued from a house fire on Friday in Casselberry.

The fire broke out around 3 p.m. in the neighborhood of Summerloch Green on Laura Street. According to the Seminole County Fire Department, the fire started adjacent to the house, then spread to garage and was 50 percent involved.

See FIRE, Page 6

Oviedo Mall Relaunches Teen Club Program to Support Youth and Strengthen Community Ties

From Staff Reports

Oviedo Mall is proud to announce the re-launch of its Mall Rat Teen Club Program, beginning in May 2025. Originally launched in early 2023 to enthusiastic community response, the program was placed on pause as mall management shifted focus to capital improvements.

Now, in light of recent incidents of disruptive behavior and vandalism, the program is returning with renewed energy and purpose—providing teens a safe, positive, and engaging space while strengthening Oviedo's sense of community.

See CLUB, Page 2

STOCKS OF LOCAL INTEREST

As of 3 p.m. Friday

Allegiant	\$41.72
Faro	\$30.66
Fastenal	\$81.92
HCA Healthcare	\$341.73
L3Harris	\$218.27
Lowe's	\$221.57
Lockheed Martin	\$465.86
NextEra	\$65.86
Tractor Supply	\$48.65
Toro	\$68.14

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COUCH THEATER

By Demi Taveras

"The Narrow Road to the Deep North" (TV-MA) -- Based on the novel of the same name by Richard Flanagan, this Australian war-drama miniseries is led by the talented Jacob Elordi ("Saltburn"). Starring as the young version of Dorrigo Evans, an Australian doctor and prisoner of war, Elordi lost all the weight that made him into a convincing high school football player in "Euphoria" to become a bone-thin soldier who gets captured in the Pacific during World War II. Ciaran Hinds ("Game of Thrones") plays the older version of Dorrigo, and Hinds' scenes recount his war experiences while Elordi acts them out for us. All five episodes are out now! (Amazon Prime Video)



Photo Courtesy of MovieStillsDB

In Case You Missed It

Jacob Elordi stars in "The Narrow Road to the Deep North."

"Stanley Tucci: Searching for Italy" (TV-PG) -- Italian-American actor Stanley Tucci ("Conclave," "The Devil Wears Prada," "Spotlight") wanted to go back to his roots for his travel and food show, and this included heading overseas to Italy to explore each region that the beautiful country has to offer. Beginning in Naples and the Amalfi Coast, the first season highlighted some of the food and culture we've come to love from popular cities like Rome, Milan and Tuscany. But as the second season takes off, less-popular regions like Puglia, Liguria and Umbria take the stage, and the culture that gets discovered there might delightfully surprise you. While this lifestyle

show only lasted for two seasons, both of which are available to watch now, Tucci filmed more episodes of a similar show that will eventually come out, called "Tucci: The Heart of Italy." (Netflix)

"The Florida Project" (R) -- Before Sean Baker scored big at this year's Academy Awards with "Anora," he wrote and directed this tragic coming-of-age drama taking place in a budget motel in Kissimmee, Florida, near Disney World. The film logs the treks of a 6-year-old girl named Moonee, who spends most of her days getting into shenanigans with her fellow kids who live in the motel. While her young and lost

mother, Halley (Bria Vinaite), grasps at straws to find any way of income after losing her job as a stripper, Moonee is left unsupervised around the motel, causing its manager Bobby (Willem Dafoe) to step in and save them from disaster. This one's not an easy watch but has an exhilarating ending that will stay with you well after the credits roll. Out now. (Max)

"The Worst Person in the World" (R) -- This Norwegian romantic-drama film led by Renate Reinsve ("A Different Man") landed her an award for Best Actress at the Cannes Film Festival in 2021 -- an amazing feat for what would be considered her

breakout role. The film follows Julie (Reinsve), a young woman in her late 20s as she tries to find her footing in the world. At a loss for what to do in her professional life, Julie bounces from medicine to psychology to photography, never landing on one for good. This is a theme that is mirrored in her romantic life as well; Julie jumps from relationship to relationship, hoping to find the one man who doesn't make her feel uncertain. But only through more experience and more time in life will Julie truly find the answers that she's looking for. Out now. (Hulu)

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MOMENTS IN TIME

* On May 12, 1896, New York City passed America's first anti-spitting law in an effort to combat tuberculosis, imposing fines and even jail time on unruly protesters who demonstrated their discontent by expectorating on anti-spitting signs. By 1910, more than 2,500 arrests had been made.

* On May 13, 1846, in response to a request by President James Polk, the U.S. Congress declared war on Mexico. The conflict, which ended two years later with the Treaty of Guadalupe Hidalgo, eventually cost the lives of 11,300 American soldiers and resulted in the annexation of lands that became parts of Oklahoma, New Mexico, Arizona, Nevada, California, Utah and Colorado.

* On May 14, 1998, legendary crooner, actor and show business icon Frank Sinatra died of a heart attack in Los Angeles at the age of 82. A heartthrob who married four times and divorced three, Sinatra's career spanned more than five decades, including a notable comeback in the 1950s.

* On May 15, 1948, 3-year-old June Devaney of Blackburn, England, was abducted from the hospital where she was recuperating from pneumonia. After her

body was found two hours later, the detective inspector assigned to the case ordered the fingerprinting of the more than 40,000 men residing in Blackburn, which took nearly three months but eventually led to the killer, who was convicted and executed later that year.

* On May 16, 1975, Junko Tabei of Japan became the first woman to summit Mount Everest. She later gained further fame as the first woman to scale all Seven Summits, the tallest mountains on each continent.

* On May 17, 2000, the final episode of "Beverly Hills, 90210" aired after 10 seasons.

* On May 18, 2012, Facebook held its initial public offering (IPO) and raised \$16 billion. It was the largest technology IPO in American history at the time and third-largest IPO in the United States, after those of Visa and General Motors. When it went public, the social network was valued at \$104 billion and boasted some 900 million registered users around the world.

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HCA Florida Healthcare donates \$20,000 and 300 hours of service to Second Harvest Food Bank of Central Florida in honor of National Volunteer Month

From Staff Reports

HCA Florida Healthcare is celebrating National Volunteer Month through its continued commitment to fighting food insecurity in Central Florida. At least 80 colleagues from HCA Florida Healthcare sites of care across the Greater Orlando region came together at Second Harvest Food Bank of Central Florida on April 18 and April 23 to help sort and pack food donations. HCA Florida Healthcare volunteers also presented a \$20,000 donation to help provide food to families experiencing hunger. The events were part of HCA Healthcare's national We Show Up for Our Communities initiative that occurs each April to address community needs through volunteering, making charitable donations and partnering with local organizations. "The HCA Florida Healthcare family is committed to the care and improvement of human life, and Second Harvest Food Bank of Central Florida is a key partner in our mission through its vital work to provide healthy meals to families in need," said David Shimp, CEO, HCA Florida Osceola Hospital. "We're honored to support Second Harvest with today's financial gift, as well as the service of our dedicated volunteers this month and all year long." The organization Feeding America estimates one in eight people, and one in six children, in Central Florida live in households that may be food insecure, which means not having enough nutritious food to have an active, healthy life. This year's We Show Up initiative brings HCA Florida Healthcare's total contribution to Second Harvest to \$70,000, more than 5,000 pounds of food and more than 800 volunteer hours since the partnership began in 2021.

"Every day, hundreds of thousands of our neighbors across Central Florida face hunger. It takes a caring and committed community to ensure families have the nourishment they need while working to regain stability," said Dan Samuels, director of philanthropy, Second Harvest Food Bank of Central Florida. "We're deeply grateful for HCA Florida Healthcare's longstanding partnership in this fight. They exemplify what it means to Show Up and support those who need us most." We Show Up for Our Communities is part of HCA Healthcare's enterprise-wide focus on providing the quality healthcare our patients deserve as well as showing up to address needs in our community. In 2024, HCA Florida Healthcare colleagues from 650 facilities volunteered more than 38,000 hours and committed nearly \$1.2 million to community partner organizations in the Sunshine State. HCA Florida Healthcare, a part of HCA Healthcare, is a family of more than 650 affiliated sites of care, including hospitals, physician practices, freestanding emergency rooms and urgent care centers. As one of the state's leading healthcare networks, HCA Florida Healthcare's 11,100 experienced doctors and more than 84,000 colleagues work together to deliver equitable, evidence-based collaborative care through more than 12 million patient encounters annually. HCA Florida Healthcare is committed to improving more lives in more ways and giving back to the communities it serves. In 2024, the network provided more than \$1 billion in uncompensated care and contributed more than \$3.7 million to community organizations across the state. In addition, HCA Florida Healthcare offers patients access to highly trained specialists, including the state's most comprehensive cardiovascular network.

See HARVEST, Page 3

CLUB

Continued from Page 1

"As someone who spent most of his youth hanging out at the mall, I know how meaningful it is to have a safe place to go with friends," said Josh Gunderson, Director of Marketing & Events at Oviedo Mall. "The last thing we want to do is implement a curfew or chaperone policy. We've tried to be very clear about how hard we're working to avoid that, which is why we've made such heartfelt appeals to our community. The term 'mall rat' exists for a reason—because for decades, malls were the place to be for teens. We still want that for today's youth: a safe, welcoming space where they can hang out with friends, have fun, and build those same lasting memories," he said. The Mall Rat Teen Club gives teens access to exclusive discounts, events, and experiences throughout the mall. Enrollment requires a parent or guardian to be present for membership card pickup, during which both teen and parent sign Oviedo Mall's Code of Conduct—reinforcing mutual respect and accountability. Oviedo Mall recognizes that the mall experience has evolved. While it may not look like the malls of the 80s and 90s, Oviedo Mall has adapted to become a true community center—a place where people can live, work, shop, dine, and gather. With this relaunch, the mall is affirming its commitment to being a place for everyone—including the next generation. Upcoming Teen Club offerings include free photography lessons, yoga and wellness classes, cooking classes, a young adult book club, mall scavenger hunts and pop-up events and more coming this summer. "Between our recent social media posts and news coverage, we know a lot of eyes are on us right now," Gunderson added.

"This is our chance to show the world what makes Oviedo Mall special—and that includes recognizing and celebrating the teens who show up, follow the rules, and help create a positive environment. We want to empower them, support them, and give them a place they can be proud to call their own," he said. Parents can visit www.myoviedomall.com to learn more about the program and register their teens today. Membership cards will be available for pick up in the mall management office beginning Thursday May 1st and cards can be picked up Monday-Friday 9am-5pm and during select mall events. For younger kids under 12, Oviedo Mall also offers the Kid Crew Program, which includes seasonal activities, character appearances, and family-friendly events year-round. Oviedo Mall invites local businesses, families, and the broader community to be a part of this initiative. Whether it's by offering a teen discount, volunteering time, or attending upcoming events—your support helps ensure that Oviedo Mall remains a vibrant, welcoming place for all. Oviedo Mall has been part of the Central Florida community for more than 20 years and is anchored by Dillard's and Regal Cinemas. Oviedo Mall also includes an eclectic mix of 70 national, regional, and local retailers. Oviedo Mall opened in 1998 and is owned by IGP Business Group. Oviedo Mall is located off Red Bug Lake Road/SR417 in Oviedo Florida. For more information about Oviedo Mall visit our website at www.myoviedomall.com.

Seminole County High School Students Learn About the Science of Fire Forensics



Photo contributed

Some of the students in attendance.

From Staff Reports

For the second year in a row, members from the Seminole County Fire Department's Fire Prevention Team guest taught students in One School of the Arts & Sciences' high school Forensics Class about the science of fire Forensics. The presentation featured a burn portion where students investigated how arson happens and other causes of fire. Each student team created a doll-sized house made from cardboard and other materials that had at least three windows, one door

and one fatality. The point of origin had to be determined by each student team. The Fire prevention team demonstrated how fire spreads through the fire safety trailer. In addition, they showed how fire sprinklers work and how effective they are. This type of career showcasing made an impact last year as one senior from One School named Lucius Layton plans to pursue his Fire Investigation certification next year.

See FORENSICS, Page 6

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OPINIONS

GUEST COMMENTARY

Autism Awareness Is About More than “Acceptance” — It’s About Action

By John Gill

Approximately one in 31 children in the United States has autism, according to the most recent data from the Centers for Disease Control. And while there are many reasons that number is on the rise — from updated diagnostic criteria to wider awareness — it’s time we fully recognize and more proactively advocate for our neighbors who are on the spectrum.

Here’s the truth: Everyone in the world faces their own kind of challenges in life — financial troubles, bad relationships, stressful jobs, you name it — that make it hard to achieve what they want in life. But when you have autism, or when you have a different kind of developmental disability, your challenges aren’t hidden from the world.

Struggling to rise above hardship is part of being human, and many kids and adults who are on the spectrum do overcome the barriers society has created for them. They succeed in school, launch influential careers, start families and lead communities. But for those with more significant needs — kids that might struggle with walking, speaking, and day-to-day tasks — solutions may be harder to access.

Florida currently ranks 49th out of 50 states for the amount of funding it provides to its citizens with special needs. Of the 400,000 individuals in need, only 50,000 qualify for assistance — and only 30,000 receive it. The remaining 20,000 are on a waiting list that can take up to six years or more to navigate — meaning that thousands of families are left to make it work on their own.

The world isn’t always a welcoming place. It’s full of noises and sensory inputs that can be painfully overstimulating; it’s full of people who don’t understand, and can be repelled by, unfamiliar symptoms like fidgeting or vocalizations. Even schools, playgrounds, libraries and other kid-friendly spaces aren’t always designed with the needs of children with autism in mind.

That’s why schools that are designed for special needs make a big difference. For parents who go through life explaining, defending and advocating for their child’s needs, being able to rely on someone else who understands and cares is an extraordinary relief. For children, school can be a safe “practice ground” for the real world where new experiences don’t have to be stressful.

That’s what makes Quest Kids Academy special. The team uses positive reinforcement to reduce or replace disruptive behaviors to gradually introduce new life skills that will help students communicate, socialize and navigate traditional learning or social environments. Since launching in 2009, Quest Kids Academy has served hundreds of children with autism or other developmental disabilities.

Quest Kids Therapy also strives to meet the growing need amongst family for services. We have been offering early-intervention Applied Behavior Analysis (ABA) therapy through Quest Kids Therapy for nearly thirty years. ABA is one of the only clinically proven methods to change behavior and we were one of the first providers in the region to offer it to families.

As the need for autism services grows, we’re investing in a renovated campus that will offer new learning and therapy spaces that reflect what we’ve always believed: All kids, of all abilities and needs, deserve to be accepted for who they are and encouraged to achieve their potential. Quest Kids Orlando will be a state-of-the-art education and therapy campus for the Central Florida community.

To learn more about the Quest Kids Orlando renovation project and/or how you can get involved with our mission, visit QuestInc.org.

John Gill is president and CEO at Quest, Inc., a local nonprofit organization that has been providing lifelong services for people with developmental disabilities. Since the humble beginnings of a single location serving eight individuals in 1962, Quest, Inc. now has over 20 locations, serving more than 500 individuals each day in Orlando and Tampa.



John Gill.

Photo contributed

LETTER TO THE EDITOR

To the Editor:

The proposed stormwater tax increase in Winter Springs is not about stormwater.

It’s about a city government that spends without restraint, hides behind bureaucracy, and expects taxpayers to cover the tab without question.

This isn’t a budget fix—it’s a symptom of a deeper problem: a system in which unelected staff drive the agenda, and elected commissioners rubber stamp it out of habit, fear, or convenience.

When voters speak, they’re ignored. When one commissioner resists, he’s outvoted. When the public asks for accountability, they’re told to pay more.

This is not about one fee. It’s about a culture of government-first, taxpayer-last decision-making and a municipal structure that no longer answers to the people who fund it.

Winter Springs doesn’t need a tax increase. It needs a reckoning.

— Paul D. Diaz, EA, MBA
Winter Springs City Commissioner,
District 1

HARVEST

Continued from Page 2

A strong advocate for the next generation of healthcare professionals, HCA Florida Healthcare is a leader in training future healthcare professionals, offering 151 Graduate Medical Education (GME) programs at 27 different hospitals with more than 2,400 residents. For more information, please visit HCAFloridaHealthcare.com.

HCA Florida Healthcare facilities in Orlando includes five hospitals: HCA Florida Lake Monroe Hospital (with Level II Trauma Center) in Sanford, Oviedo Medical Center, HCA Florida Osceola Hospital (with Level II Trauma Center) in Kissimmee, HCA Florida Poinciana Hospital and UCF Lake Nona Hospital, as well as 12 freestanding emergency rooms, 13 MD Now Urgent Care Centers and numerous physician practices.

SHFBCF is a member of Feeding America — the largest charitable domestic hunger-relief organization in the United States. SHFBCF secures and distributes food and grocery products to more than 870 local nonprofit feeding partners throughout Central Florida.

With the help of food and financial donors, volunteers and a caring, committed community, the food bank distributes 300,000 meals every day to a seven-county service area, which includes Brevard, Lake, Marion, Orange, Osceola, Seminole and Volusia.

Feeding neighbors facing hunger is only the beginning. By investing in job training programs, advocating for access to nutritious foods, and inspiring our community to get involved, SHFBCF is leaning into the root causes of hunger and helping our neighbors thrive. With support from the Central Florida community, Second Harvest Food Bank is feeding inspiration, change, achievement, health — and families facing hunger.

To learn more about SHFBCF, visit www.FeedHopeNow.org.



Photo contributed

HCA Florida Healthcare volunteers break down large bags of potatoes into family-sized portions to prepare for distribution through some of Second Harvest’s 870 community partners

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SEMINOLE HAPPENINGS

A LOOK AT EVENTS AROUND SEMINOLE COUNTY

COMMUNITY EVENTS

Jeep Night

Wednesday, April 30, 4 to 9 p.m., **Texas Roadhouse, 100 Towne Center Blvd., Sanford.** Event will showcase approximately 30 Jeeps, feature a Jeep Night Drink, as well as other specialties and a visit with Andy Armadillo.

Line Dancing Lessons

Thursdays, May 1 & 15, **DeBary Hall Historic Site, 198 Sunrise Blvd., DeBary.** Join DeBary Hall staff for a fun evening full of beginner line dances to various music genres. This program is recommended for adults. There is a \$3 charge for each class. Call 386-668-3840 for info.

Story Time at DeBary Hall

Fridays, May 2 & 16, 9:30 a.m., **DeBary Hall Historic Site, 198 Sunrise Blvd., DeBary.** Children are invited to Kids Corner, a free series featuring stories, songs, and activities. The program is designed for preschoolers, but children of all ages are welcome. Call 386-668-3840 for info.

Sunset & Chill

Friday, May 2, 6 to 10 p.m., **274 Cranes Roost Blvd., Altamonte Springs.** Back again by popular demand is the fourth annual Sunset & Chill Scholarship Fundraiser hosted by Sanford and Orlando Entertainment and The Sanford Alumnae Chapter of Delta Sigma Theta Sorority, Inc. An unforgettable experience with live music from L8est Edition and special guests. As the sun sets, you'll enjoy smooth rhythms, food trucks and an array of vendors. New this year, VIP tables of four seats are available. Dress to impress & bring your lawn chairs.

Melissa's Race to Battle Brain Cancer

Saturday, May 3, 7 a.m., In memory of Melissa Vosburg, a former teacher at Midway Elementary School, the Melissa's 5K Race event has become the largest brain cancer charity 5K in Central Florida. Sign up at <https://runsignup.com/Race/FL/Sanford/Melissas-Race>

Fish Winter Springs

Saturday, May 3, 7 to 9 a.m., **Central Winds Park, Winter Springs.** Registration opens April 14, 8 a.m. Enjoy a morning of fishing fun with the family. Bring your child to experience the leisure of fishing and learn how to cast, bait the hook & the safety of outdoors.

Spring Migration Birding Hike

Saturday, May 3, 7:30 to 9:30 a.m., **Lake Jesup Wilderness Area, Sanford.** Celebrate World Migratory Bird Day exploring the Lake Jesup Wilderness Area and its diverse ecosystems. Join an expert birder to spy migrating birds. Ages 7+. Cost: \$5/person, Pre-registration required for all participants: recreation.seminolecountyfl.gov.

NAMI Walks

Saturday, May 3, 8 a.m. to 12 p.m., **274 Cranes Roost Blvd., Altamonte Springs.** Join the movement for mental health at NAMI Walks Greater Orlando. This annual event brings the community together to raise awareness and support for mental health advocacy. Participants of all ages can walk, donate or fundraise to help expand free mental health programs and resources. Whether you're walking in honor of a loved one or to support the cause, every step makes a difference.

Tracks and Scat Class

Saturday, May 3, 9 a.m. to 12 p.m., **Geneva Wilderness Area/Ed and Imogene Yarborough Nature Center, Geneva.** Learn to read the clues animals leave be-

hind! Practice deciphering bones, tracks, scat and more. Enjoy an informative class in the nature center and create a plaster track of your own. Test your new tracking skills with a hike in the wilderness in search of animal sign. Ages 5+. Cost: \$8/person, Registration required: recreation.seminolecountyfl.gov.

COMEunity Community Festival

Saturday, May 3, 10 a.m. to 3 p.m., **New Bethel Missionary Baptist Church, Sanford.** This annual community celebration features a bounce house, hot dogs, cupcakes & games for children, all taking place in the grassy area across the street from the church. Open to the public, providing an opportunity for local families & guests to enjoy the day & connect with the community.

Portraits of the Past

Saturday, May 3, 10 a.m., **DeBary Hall Historic Site, 198 Sunrise Blvd., DeBary.** Enjoy a talk through time with Anita DeBary Lyons and Leonie DeBary Brewster. Judy Morrison and Lisa Perez will reenact the granddaughter and great-granddaughter of Samuel Frederick DeBary and discuss the adventurous spirit of all the DeBary women from 1871 to 1941. Call 386-668-3840.

Dulcimer Gathering

Sunday, May 4, 1 p.m., **Rural Heritage Center, 101 E. Main Street, Geneva.** Try out a dulcimer or bring your own. Call 407-349-5697.

Movie - "Rogue One"

Sunday, May 4, 2 p.m., **North Branch Library, 150 N. Palmetto Ave., Sanford.** Fun & free. "Rogue One," the first Star Wars standalone film showing at the library. Bring a blanket, snacks & enjoy the show. Free for all ages. Call 407-665-1620.

Farm to Fork 2025 Webinar Series

Tuesday, May 6: Foraging Fun - Discovering Edible Weeds. **Zoom** - once a month webinar. Learn more about your food & local agriculture? Join UF/IFAS Extension Seminole County to learn all about food from farm to fork. Free. Must register in advance on Zoom. Webinar is Part 1 in monthly Farm to Fork Sessions. On Thursday after each webinar, Part 2 is offered, an in-person workshop, with hands on activities that pairs with the webinar. Pre-Registration Required: <http://seminole-extension.eventbrite>

Geneva Community Yoga

Tuesday, May 6, 9:45 a.m., **Rural Heritage Center (old brick school at First and Main), Geneva.** Instructor Don Cross. No experience needed. Everyone welcome. Bring: a mat (or blanket to use until you can get a mat); light blanket if you get chilled easily; \$10/class - cash, check, or a dozen eggs. Call 407-415-3809.

Teen D&D Club

Tuesdays, May 6 & 20, 5 to 7:30 p.m., **North Branch Library, 150 N. Palmetto Ave. Sanford.** All levels welcome. If you've never played, our expert teen coaches will teach you. Free. Exclusively for teens ages 13-19. Registration required. Call 407-665-1620.

Flying Needles

Wednesdays, 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.

4th Annual Sanford's Ride to Freedom - May 17



Photo contributed

Join the 4th Annual Sanford's Ride to Freedom - May 17, at 7 a.m. sponsored by various business and community sponsors.

More than a bike ride — it's a ride through history. Celebrate Florida's Emancipation Day with a scenic and meaningful cycling event through Sanford's historic communities, including Georgetown, Goldsboro, and new this year — Bookertown and Midway. You'll also ride past landmarks like the Sanford Riverwalk and Sanford/Orlando International Airport.

What is Emancipation Day? On January 1, 1863, President Abraham Lincoln issued the Emancipation Proclamation, freeing enslaved people in the Southern states. It was not until May 20, 1865, that the state of Florida was finally freed and the Emancipation Proclamation was actually in effect.

Choose Your Ride: 12 Miles, 28 Miles, 45 Miles, 60 Miles

All rides start and finish at Historic Hopper's Academy, where the celebration continues with music, lunch, and community spirit. Registration Includes:

Ride to Freedom Active Shirt
Snacks & Drinks (SAG Stops)
Celebration Lunch at Hopper's Academy
Come ride, remember, and celebrate freedom. Register today. To register go to <https://experiencesanfordfl.com/ridetofreedom/>

Brethren Reaching Out celebrates 30 Years of Helping Community



For I know the plans I have for you declares the Lord, plans to prosper you and not to harm you, plans to give you hope and a future. Jeremiah 29:11.

Love offerings: PO Box 468 Sanford, FL 32772 Questions? Contact Ms. Rose 407-221-6196

As shared from her website: Since 1995, Sister Rose Davis has been active in this community, operating a Christian-based youth and family outreach organization, Brethren Reaching Out. Sister Rose has served as a full-time volunteer. She has been aided by her involvement in the Seminole County Juvenile Justice Council, Safe Kids of Seminole, Seminole County 4H, Seminole County Disability Advisory Board and the Seminole Child Abuse Task Force.

Sister Rose began with a simple idea: steer at-risk youth away from educational, family and social problems through intervention and advocacy. The target group is children and teens in the under-served inner city area of Sanford who have too much idle time, no direction and little motivation. Sister Rose has endeavored to keep these kids off the streets. She teaches that faith, moral values, good manners, self-respect, purpose and responsibility can help them lead productive lives and work toward their full potential.

Her approach begins with younger children who may witness friends, siblings and other relatives who are not in school, not working, and might be involved in street crime and violence. She aims to provide positive role models through mentoring programs; educational and academic tutoring from first grade through high school to keep the children in school and prepare them for careers to break the cycle of dependence upon government assistance.

Other life-changing opportunities provided by Brethren Reaching Out and the organization's partners include skill-building and social etiquette classes; field trips; arts & crafts workshops; family life issues such as hygiene and health

classes; food shopping and cooking instruction; and Bible study, family counseling, and prayer support. These programs would not have been possible without the assistance of partners from both public and private organizations, dozens of churches in the local faith community, and hundreds of caring, compassionate individuals.

A major focus of Brethren Reaching Out has been the reduction of youth crime and violence, including drug problems, in the projects of Sanford. Since 1995, Brethren Reaching Out has worked closely on positive crime strategies with law enforcement professionals and volunteers from the Seminole County Sheriff's Office, Sanford Police Department, Florida Department of Juvenile Justice, the Police Athletic League and the Grove Counseling Center, Seminole County and Orange County Governments.

Weekly programs and outreach services assist approximately 120 from Head Start to High School. Most of these children are between the ages of 6 and 15 years. Another 400 socially and economically disadvantaged children and their families are assisted regularly with food, clothing, household goods, diapers and baby formula, backpacks and school supplies, personal hygiene products, prepared meals, and the Christmas Angels gift program and dinner.

Two of the greatest partnerships that have joined together with BRO are Goodwill Self-Sufficiency Centers and the Center for Drug-Free Living. These agencies provide services throughout the central Florida area.

We can all be inspired, as we reach out to empower the lives of our children and families, to teach them to value the importance of giving back. By this we can all be inspired to reach our full potential in life and become productive individuals where we live and serve.

Brethren Reaching Out is a 501(c)(3) non-profit organization. Please make a tax-deductible donation to Brethren Reaching Out today.

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Periodical Postage Paid at Sanford, Florida Additional mailing offices USPS 481280 Postmaster: Send address changes to: SANFORD HERALD P.O. Box 1664 Sanford, FL 32772-1664	SUBSCRIPTION RATES 3-Month in Seminole County \$25 6-Month in Seminole County \$36 1-Year in Seminole County \$55 1-Year Out of County \$62 1-Year Out of State \$74
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PEOPLE

A GLANCE AROUND TOWN AND COUNTY

SCAC Welcomes Abby Sanchez Back To Board



Contributed by the SCAC Board

Seminole Cultural Art Council is very pleased to announce that on Tuesday, March 4, 2025, the SCAC Board of Directors voted unanimously to vote to approve Abby Sanchez's application to join the board as a new director. She was also named to SCAC's Executive Board as SCAC's new secretary.

We're so excited to welcome Abby back to SCAC's Board of Directors. She has previously served in that capacity several years ago and has remained a long-term and stalwart volunteer with the organization since that time. Abby is an incredible asset that will help SCAC continue to shine bright.

For those of you who don't know Abby, we share a very brief biography of her prior work and experiences, which is incredibly abbreviated as it only highlights about 1/100th of the hard work Abby does!

"Abby has been a resident of Central Florida since 1999. She holds a Bachelor's of

Science in Elementary Education from Florida State University, has twenty-six years' experience teaching elementary-aged children and was the recipient of the "Beginner Teacher of the Year" in Tallahassee in 1992. She has been married to her husband Bo, a civil engineer, for many years and has three children who have attended Seminole County Public Schools. Abby currently lives in Sweetwater Oaks with her husband, her two dogs, and three cats. While being a mother, wife, and teacher, Abby has been an active member of the Seminole County community. She is a long-time member of PTA/PTSA of her children's schools including seven years as president of Lake Brantley's PTSA, and currently serves as Vice-President in charge of legislative matters. She was selected and served on the SCPS Superintendent Search Advisory Committee in 2011-12, and has worked tirelessly for various charitable organizations throughout Seminole and Orange Counties. Abby has served in several positions of Pop Warner programs for a number of years including fund manager, cheer coordinator and coach. Abby has helped raise millions of dollars for cancer research while serving as a member of the Cattle Baron's Ball Committee and a board member for the Norma DiMarco "Tee Up for Life". Staying true to her roots of growing-up in rural Davie, Florida, Abby enjoys riding horses and caring for her therapy horse, "Gator", who helps military veterans cope with PTSD. She volunteers with many organizations including serving on the Board of Trustees for the Central Florida Zoo & Botanical Gardens, BASE Camp, Ali's Hope, League of Women Voters, Ritz Theater Education Committee, Florida School Board Association Advocacy Chair and Equity Committee. She currently serves as the District 3 member of the Seminole County School Board where she has served as Chair and Vice Chair.

Welcome home, Abby!

Michele Miles - What is Your Circadian Rhythm and How to Reset It



Michele Miles is a wife, mom of three and faithful Christian. She's excited to share God's word and be a blessing to women in need in the season of Menopause. She's Balanced, founded by Michele Selon Miles, offers holistic support for women navigating menopause. Inspired by her personal journey as a registered Occupational Therapist, Michele's mission is to provide tools for women to thrive in all areas of life, with faith and balance at the core. Guided by love and understanding, She's Balanced welcomes women of all backgrounds to embrace this transformative stage. Website: www.shesbalanced.com

By Michele Miles
She's Balanced Founder

Hey everyone! I wanted to talk to you about something I've been learning a lot about: our circadian rhythms. You know, that internal 24-hour clock that affects everything from our sleep to our mood and even how we process food? What I found fascinating is that as women, our clocks tick a little differently. Our cycles are shorter, and our hormones behave differently than men's. That's something we need to keep in mind.

Now, I know the summer can throw us off. Jet lag if we're traveling, and the general stress of the season can really mess with our rhythms. This disruption affects our appetite hormones, which can lead to cravings and weight gain. I've been trying to find ways to combat this, and I wanted to share some of my favorite tips with you.

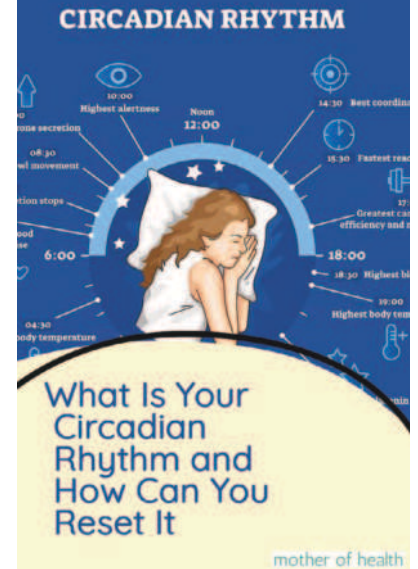
For me, staying healthy during the holidays means focusing on a few key things. First, I try to boost my workouts with high-intensity exercises like sprints, High Intensity Interval Training, and plyometrics. These help me feel good, burn fat, and build muscle. Second, I prioritize quality food. I focus on nourishing my body, not just restricting calories, and I enjoy those holiday treats mindfully. Lastly, I make sure to find moments of peace through short meditation, deep breathing exercises, or even just a mindful walk.

Mindful eating has been a game-changer for me. I'm really trying to pay attention to the taste and texture of my food, avoid distractions while eating, and listen to my body's hunger and fullness cues. And when I need a moment to myself, I practice meditation, deep breathing, or even just pay close attention to the sensations of walking.

I also wanted to share some podcasts that have been incredibly helpful on my menopause journey. Dr. Stacy Sims, in particular, has been a wealth of knowledge. I've listened to her on Ali Shapiro's podcast, as well as Hailey Happens Fitness and Biceps after Babies. They really drive home the point that "women are not small men," especially during midlife and with exercise.

By understanding how our internal clocks work and making these small adjustments to our lifestyle, I believe we can really navigate the challenges of the holiday season and maintain our well-being. I hope you find these tips helpful.

Our bodies have an internal 24-hour clock called the circadian rhythm, which influences



sleep, mood, and even how we process food.

- Women's clocks tick differently: Women's cycles are slightly shorter, and their hormone release patterns vary from men's.

- Jet lag and stress throw off our rhythms: This can disrupt appetite hormones, leading to increased cravings and weight gain in both sexes, but through different mechanisms.

Tips for Staying Healthy During the Holidays:

- Boost your workouts: High-intensity exercises like sprints can improve mood, burn fat, and build muscle.

- Prioritize quality food: Focus on nourishing your body, not just restricting calories.

Enjoy holiday treats mindfully.

- Find moments of peace: Incorporate short meditation or mindfulness practices into your day to reduce stress.

Examples of High-Intensity Exercise:

- Sprint intervals: Short bursts of intense exercise followed by brief recovery periods.

- HIIT (High-Intensity Interval Training) workouts: Incorporating short bursts of high-intensity exercises into a workout routine.

- Plyometrics: Exercises that involve explosive movements, such as box jumps and plyo push-ups.

Examples of Mindful Eating:

- Mindful chewing: Paying attention to the taste, texture, and aroma of your food.

- Eating without distractions: Avoiding screens and focusing on the act of eating.

- Listening to your body's hunger and fullness cues: Eating when you're truly hungry and stopping when you're satisfied.

Examples of Mindfulness Practices:

- Meditation: Focusing on the present moment by observing thoughts and sensations without judgment.

- Deep breathing exercises: Practicing slow, deep breaths to calm the mind and body.

- Mindful walking: Paying attention to the sensations of walking, such as the feeling of your feet on the ground and the rhythm of your breath.

Below are some great podcast you can listen to help in your menopause journey

Podcast with Ali Shapiro from the Ali Shapiro Podcast on Dr. Stacy Sims on How "Women Are Not Small Men" (especially at midlife & with exercise).

Podcast with Hailey from Hailey Happens Fitness on Training for Life; Working with your Female Physiology with Dr. Stacy Sims.

Podcast with Hailey from Hailey Happens Fitness on The release of ROAR and other Good things.

Podcast with Amber from Biceps after Babies on Optimal Training and Nutrition Strategies for Women with Dr. Stacy Sims.

By understanding how our internal clocks work and making small adjustments to our lifestyle, we can better navigate the challenges of the holiday season and maintain our well-being.

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Photo contributed

You're Invited: Christian Tech Center's 3rd Annual Gala – A Night of Purpose and Impact Friday, May 16, 6 to 9 p.m., Harvest Time International in Sanford.

An inspiring evening at the Christian Tech Center's 3rd Annual Gala, where faith, technology and community come together for a greater purpose.

As a faith-based 501(c)(3) nonprofit, Christian Tech Center Ministries is more than just a tech workshop—it is a beacon of hope, healing, and provision. Through the power of technology, we are transforming lives, restoring independence, and uplifting families

across Central Florida. Our mission is rooted in the gospel of Jesus Christ, ensuring that everyone—regardless of background—has access to resources that foster growth, security, and opportunity.

This special evening will highlight the incredible impact we've made together and inspire new ways to serve, uplift, and empower our community. Your presence and support will help us continue this vital work and expand our reach to those in need.

Be part of something bigger. Reserve your seat today and join us in making a difference!

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The Art of #Sanfording!
May Edition

By Paul Williams
Herald Contributor

You may know me as a local entrepreneur, if not, hello!. This is the first edition of my monthly article for the Sanford Herald, and I am excited to share the art of #Sanfording, a hashtag I created in 2015 and it means to enjoy Sanford for all it is worth, and really focusing on supporting small locally owned businesses in an effort to grow the strength of our community! I am also President of our Main Street program here in Downtown, and this edition is dedicated to the summer program that I have developed, and I am very excited to launch it and watch it help downtown through the slower season of summer. This program was approved for funding by the City of Sanford CRA board in April, and is to be executed by the Sanford Synergy Council, a committee composed of members of Main Street, including myself, and members of the Sanford Chamber of Commerce.

Sanford Sizzlin' Summer:
Cool Down with Family Fun!

Get ready for a summer packed with fun and community spirit! Sanford Mainstreet, in partnership with The Sanford Chamber of Commerce, is thrilled to announce the launch of "Sanford Sizzlin' Summer," a dynamic 10-week campaign designed to keep downtown Sanford buzzing with activity from June 1st to August 10th. This initiative promises a variety of free and affordable family-friendly events aimed at drawing residents and visitors alike, boosting local businesses, and creating unforgettable summer memories.

Sizzling Goals for a Vibrant Summer

The "Sanford Sizzlin' Summer" campaign has ambitious goals to enhance the heart of our city:

Increase Foot Traffic: Drive more people to explore and enjoy the diverse offerings of downtown Sanford's businesses.

Enhance Community Engagement: Foster a lively and positive atmosphere throughout the summer months, strengthening community bonds.

Promote Local Gems: Shine a spotlight on Sanford's fantastic local food, beverage, retail shops, and unique attractions.

Sustainable Future: Establish a funding model that will support future community events and initiatives.

Digital Presence: Build a robust online platform to showcase Sanford's summer activities, both for this year and summers to come.

A Summer Full of Fun for Everyone

The campaign will feature a diverse range of engaging activities:

Sanford Seeds Program: Invest in Fun, Reap the Rewards! This innovative program will offer "Sanford Seeds" currency for sale at the Sanford Information Center (SIC) at half their face value. These "seeds" can then be redeemed at participating businesses within the Community Redevelopment Agency (CRA) district. Businesses will redeem these "seeds" weekly at the SIC for full face value, and a convenient QR code will link to a website listing all participating locations.

Sanford Sunset Sessions in the Square: Every week, residents and visitors can look forward to free acoustic concerts in the heart of downtown, Magnolia Square. Featuring professional entertainment and high-quality sound, these "Sunset Sessions" will provide the perfect backdrop for families, citizens, and tourists to relax and enjoy the summer evenings.

Sizzlin' Summer Cinema: FREE Movie Magic: The historic Ritz Theater will host

free family movie nights every Wednesday throughout the summer at 6pm, with free admission if you bring a school supply for local teacher's classrooms. This offers a fantastic opportunity for families to enjoy classic cinema in a beloved local landmark.

Sanford Bingo Card: Explore, Engage, and Win! An interactive bingo card will encourage exploration of local attractions and businesses. Participants will collect receipts from participating locations when making purchases. Completing the bingo card will earn them a prize basket to be collected at SIC by August 31st.

Splash Pad Fun: The campaign will actively promote the city's splash pad as a prime location to cool off during the summer heat. Collaborations with the city to potentially offer free splash pad days are being explored. Additionally, marketing strategies will highlight nearby dining and entertainment options for families to enjoy after their splash pad adventures.

The Boys of Summer: Root, Root, Root for the Home Team! The summer schedule for our beloved Sanford River Rats will be prominently featured, encouraging attendees to explore downtown before and after games. The rich history of Historic Sanford Memorial Stadium will be highlighted, and special programs will allow fans to show their ticket stubs at participating downtown businesses for exclusive deals. Opening day for the River Rats on May 29th, will be a highlight of this program.

Christmas in July: A Mid-Year Celebration: Leveraging the established success of Main Street's Mercantile committee, the campaign will further promote the popular "Christmas in July" event using destination marketing funds to amplify its reach and impact.

Spreading the Word:
Our Marketing Strategy

A comprehensive marketing strategy will ensure maximum visibility for the "Sanford Sizzlin' Summer" campaign:

Dedicated Website: A user-friendly website, www.sanfordsizzlingsummer.com, will serve as a central hub for all event information and program details.

Social Media Power: Engaging content will be shared across Facebook and Instagram to reach a broad audience.

Targeted Online Advertising: Strategic online ads will target key demographics and geographic areas.

Print Materials: Eye-catching bingo cards, posters, and "Sanford Seeds" will be distributed throughout the community.

Public Relations and Community Outreach: Sanford Mainstreet and The Sanford Chamber of Commerce will actively engage with the media and community members to promote the campaign.

Fueling the Fun: Funding and Revenue

The primary revenue source for the campaign will be the sales of "Sanford Seeds." Sanford Mainstreet and The Sanford Chamber of Commerce will jointly manage these funds, with all profits specifically earmarked for a winter marketing campaign, ensuring continued support for downtown Sanford throughout the year. Keep your eyes peeled for the winter program y'all, it's coming soon!

Get ready to experience the best of Sanford this summer! With a diverse array of activities and a strong community focus, "Sanford Sizzlin' Summer" promises to be an unforgettable season of fun, engagement, and support for our local businesses. Stay tuned for more details!

Let's go #Sanfording

FIRE

Continued from Page 1

One person suffered a minor burn injury while the cat was not initially breathing when rescued. The cat was then resuscitated by a pet oxygen mask.

The Red Cross was called to help the homeowner with displacement because of the condition of the property. The Longwood Fire Department assisted in the fire and no other injuries were reported.

FORENSICS

Continued from Page 2

"I really enjoyed this hands-on experience last year and it opened my eyes up to a career that I did not know existed," said Layton. "Much of fire investigation involves the scientific method and being precise and accurate. I believe I would enjoy this work a lot and it's great to have the Seminole County Fire Department's Fire Prevention Team here again."

Students learned about different types of fire patterns, the systematic approach to documenting fires and how to determine the point of origin as well as causes of fires.

"We truly thank the Seminole County Fire for coming out as we are bringing science to life and faces to careers they can follow," said Forensics teacher Joan Torres.

The Seminole County Fire Department proudly serves a County-wide population in Seminole County, Florida of nearly a half-million residents with 20 fire stations. SCFD is ISO Class 1 rated and provides emergency services to the unincorporated areas of the County and in the Cities of Altamonte Springs, Winter Spring and Casselberry. The Department has first response agreements in place with the Cities of Lake Mary, Longwood, Sanford and Oviedo. Follow SCFD on social on Facebook (@SCFD.1974), Instagram and Twitter (@SCFDPIO). For more information, visit www.seminolecountyfl.gov/firedepartment.

SEMINOLE

Continued from Page 1

At the Orlando Magic, she oversees social responsibility, philanthropy and government affairs, and leads the Orlando Magic Youth Foundation. A UCF triple alumna, she holds a bachelor's, master's and MBA from the university. Martinez-Guerrero has been recognized as Orlando Business Journal's Woman to Watch, one of Onyx Magazine's Women on the Move, Orange Appeal's 2020 Woman of the Year and the 2024 recipient of the Don Quijote Excellence Award, among other honors.

Tickets are required for admission to commencement. For those unable to attend, a live video feed of the ceremony will be available. To learn more, visit seminolestate.edu/graduation.



Photo contributed
Students at a previous ceremony.

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Catholic

All Souls
CATHOLIC CHURCH

Weekend Masses
MAIN CHURCH (on S.R. 46): 3280 W. 1st Street, Sanford, FL 32771

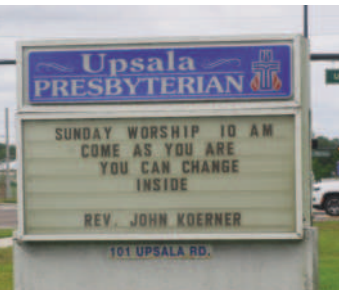
- Saturday Vigil Mass
5:00 PM (English)
- Sunday Holy Mass
8:00 AM (English)
- Sunday Holy Mass
10:00 AM (English)
- Sunday Holy Mass
12:00 PM (Spanish)

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

- Sunday Traditional Latin Mass 2:00 PM

Daily Masses
HISTORIC CHAPEL: 800 South Oak Avenue, Sanford, FL 32771
Wednesday thru Saturday
8:30 AM (English)
Adoration is offered at the Historic Chapel every Friday after the 8:30 AM MASS.

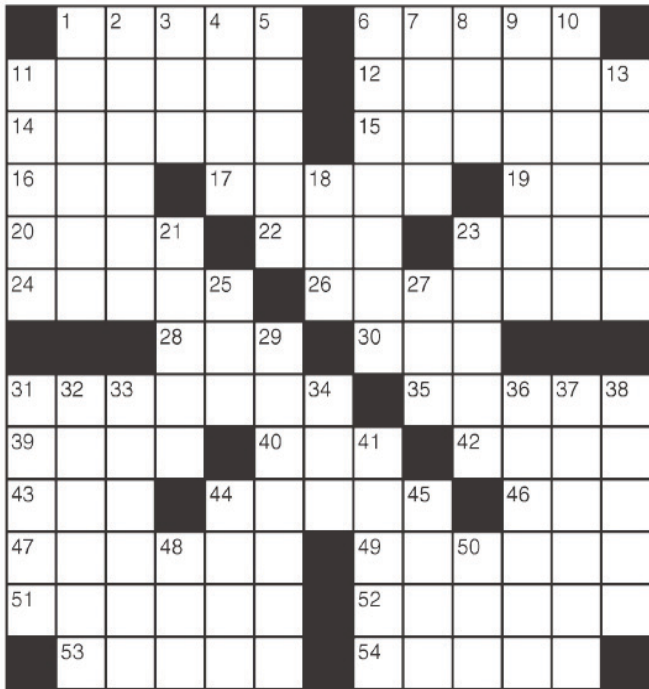
Confessions (Sacrament of Reconciliation)
HISTORIC CHAPEL: 800 South Oak Avenue, Sanford, FL 32771
SCHEDULED:
Saturday 9:00-10:00 AM (English)
BY APPOINTMENT:
Confessions can also be heard by appointment. Please contact the Parish Office at 407-322-3795



King Crossword

ACROSS

- 1 German sausage
- 6 Hoops great Curry
- 11 More minuscule
- 12 Succeed
- 14 Ridiculous
- 15 Eventually
- 16 Bygone bird
- 17 Valleys
- 19 Pensioned (Abbr.)
- 20 Taking action
- 22 Label
- 23 Corrida bull
- 24 Tennis star Rafael
- 26 Dessert that jiggles
- 28 Violin tuner
- 30 Novelist Deighton
- 31 "The Peasant Dance" painter
- 35 Everglades wader
- 39 Give temporarily
- 40 Lumber unit
- 42 Wrestling style
- 43 "Nasty!"
- 44 Thread holder
- 46 Damage
- 47 South Carolina river



- 49 La Brea attraction
- 51 Oral
- 52 Moving vehicles?
- 53 Ceases
- 54 Garlic crusher
- 7 Catches some rays
- 8 Tolkien creature
- 9 Christie sleuth
- 10 Arm bones
- 11 Shakespeare's "— of Athens"
- 13 Rockies range
- 18 Trail the pack
- 21 Recorded
- 23 Zesty flavors
- 25 Pants part
- 27 Director Spike
- 29 Smooth writing implements
- 31 Ecstasy
- 32 Summaries
- 33 Detangle
- 34 Brit's restroom
- 36 Ado
- 37 Inbox fillers
- 38 Civil wrongs
- 41 Arose
- 44 Ooze
- 45 Cowardly Lion portrayer
- 48 Ring decision
- 50 Arctic explorer John

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Weekly SUDOKU

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

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!

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Trivia test by Fifi Rodriguez

1. TELEVISION: Which actor was nominated for an Emmy for the same character on three different sitcoms?
2. MOVIES: Who was the first actor to refuse an Oscar award for Best Actor?
3. GEOGRAPHY: Which modern city is in the shadow of the active volcano Mount Vesuvius?
4. FOOD & DRINK: What gas is used to create seltzer water?
5. SCIENCE: What is the center of an atom called?
6. GENERAL KNOWLEDGE: Who are the six men who have made a career Grand Slam in pro golf?
7. ANATOMY: What is the largest artery in the body?
8. LITERATURE: For which category is the O. Henry Award given?
9. ASTRONOMY: Which star system is nearest to our solar system?
10. U.S. PRESIDENTS: How many presidents have died in office?

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10. Eight
9. Alpha Centauri
8. Short stories
7. The aorta
Rory McIlroy
Player, Jack Nicklaus, Tiger Woods and Gary
6. Gene Sarazen, Ben Hogan, Gary
5. Nucleus
4. Carbon dioxide
3. Naples, Italy
2. George C. Scott, for "Patton"
1. Kelsey Grammer for "Wings,"
Answers

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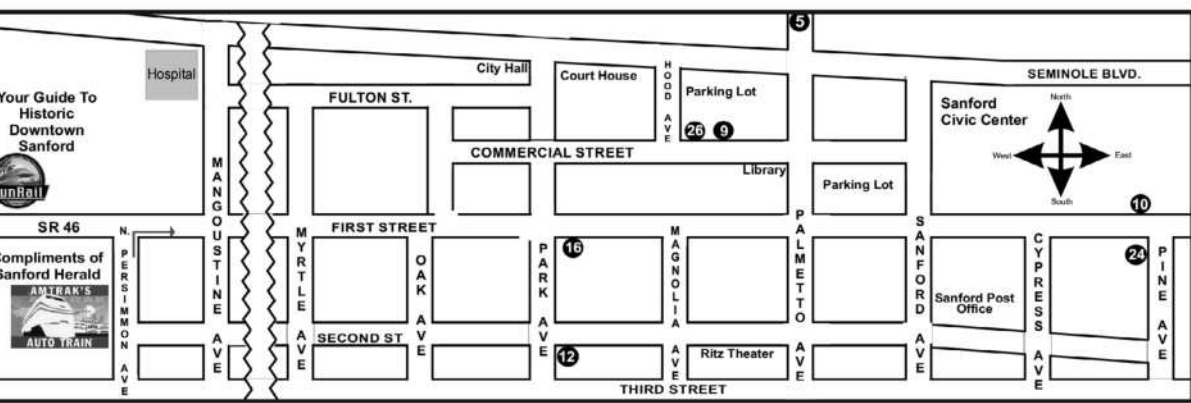
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					Breadth
					Plays first card in bridge
					It may be smart

Solve each row by replacing one letter from the answer above or below and scrambling to make a new word. When complete, the top and bottom words will have no letters in common.

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FiveSpot™ Solution

S	S	S	P	R	E	S	P	S	T	O	P	S			
S	S	S	U	H	A	U	L	S	S	P	O	K	E	N	S
S	S	S	T	A	R	P	I	T	S	A	N	T	E	E	S
S	S	S	M	A	R				S	P	O	S			
S	S	S	O						L	O	O				
S	S	S	R	E	T				B	R	U	E	G	E	L
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S	S	S	R	E	T				S	D	A	L	E	S	
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S	S	S	T						P	A	N	O	U	T	
S	S	S	P	H					S	T	E	P	H		

Solution time: 21 mins.

King Crossword — Answers

Page 8
Sunday
April 27, 2025

Sports

Title quest continues

Briefs

SANFORD YOUTH SPORTS

The City of Sanford Parks and Recreation Department Youth Spring Flag Football and Soccer Leagues will complete the season at The Jeff Triplett Community Center @ Tim Raines Sports Complex today (Saturday).

* The Youth Flag Football Fall League _ 5-to-8 year olds: Alaskan Ice Bills vs. Sanford Elks 12:41 Bengals, 9 a.m.; CPH Eagles vs. Waggin' & Braggin Ravens, 9 a.m.; Sanford Herald Cowboys vs. Thermotane Propane Jaguars, 10 a.m.; 9-to-11 year olds - Playoffs: Card My Yard Bucs vs. Senoj Enterprise Ravens, 10 a.m.; Waste Pro Chiefs vs. Texas Roadhouse Lions, 11 a.m.; Dani Mini O's Dolphins vs. Harrell & Beverly Eagles, 11 a.m.; Waste Pro Jaguars vs. Airport Lanes Cowboys, noon; 12-14 year olds - Playoffs _ Del-Air Lions vs. Steak n' Shake Chiefs, noon; Dani Mini O's Dolphins vs. Hollerbach's Bucs, 1 p.m.

* The Youth Soccer League _ 4-to-6 year olds: Sanford Herald Young Strikers vs. Thermotane Propane Orange Hawks, 9 a.m.; Texas Roadhouse Panthers vs. Steak N' Shake Dragons, 9 a.m.; Alaskan Ice Sharks vs. CPH Phantoms, 10 a.m.; Hollerbach's Dolphins vs. Waste Pro Tigers, 10 a.m.; 7-to-8 year olds: Hollerbach's Wolves vs. Sanford Elks 12:41 Stingrays, 11 a.m.; Dani Mini O's Ruby Raiders vs. Rita's Italian Ice Supersonics, 11 a.m.; Harrell & Beverly Omega SC vs. Hollerbach's Lions, noon; Card My Yard Tigers vs. Brinnius Waste Pro Tigers, noon; Coach Hector Del-Air vs. Airport Lanes Pride, 1 p.m.; 9-to-10 year olds: Coach Hines vs. Senoj Enterprise LLC Alpha SC, 1 p.m.; Waste Pro Tigers vs. Coach Gabby, 2 p.m.; Sanford Elks 12:41 Fireballs vs. Coach Dallan, 2 p.m.

SSC BASEBALL

The Seminole State College of Florida baseball team (27-21 overall, 15-15 Citrus Conference) were to have wrapped up the Regular season with a 3-game series against Daytona State College, playing in Daytona Beach on Thursday before returning to Jack Pantelias Field today (Saturday) for a doubleheader at noon.

All home games are streamed via <https://video.ibm.com/channel/mK2cYDXtIS>.

For more about Raider Athletics, visit [SeminoleStateRaiders.com](https://www.facebook.com/buildingRaiders/), on Twitter: @buildingRaiders and Facebook <https://www.facebook.com/buildingRaiders/>.

SSC SOFTBALL

The Seminole State College of Florida softball team (38-15, 20-13 Citrus Conference) swept a doubleheader in its final appearance at Courtney Miller Field on Tuesday with Daytona State College, 6-4 and 7-6.

The Raiders were in Tampa on Thursday for a doubleheader with Hillsborough Community College, and will wrap up the Regular Season with doubleheaders at St. Petersburg College today (Saturday) at 1 p.m. and in Ocala on Monday at 2 p.m. against the College of Central Florida.

All home games are streamed via <https://video.ibm.com/channel/4d5r5AqutP> _ and tickets for home games are FREE.

For more about Raider Athletics, visit [SeminoleStateRaiders.com](https://www.facebook.com/buildingRaiders/), on Twitter: @buildingRaiders and Facebook <https://www.facebook.com/buildingRaiders/>. Fans can also follow the Raider Softball team on facebook

See Briefs, Page 9



Photos submitted

The Master's Academy (top-to-bottom), Orangetown Christian, Oviedo and Winter Springs joined Lake Mary and Hagerty as District Baseball Champions last week.

Baseball, Lacrosse playing in Regionals; Water Polo reaches State Final 4

By Dean L. Smith
Herald Staff

And the pursuit for a State Championship goes on. As of Thursday morning, 13 Seminole County-based teams were still in the running for an FHSAA title in Baseball, Lacrosse and Water Polo.

Water Polo will take center stage as the Seminole High School boys and defending State Champion girls were in Miami to play in the Final 4 on Friday. If either or both won on Friday, the Championship Games would be today (Saturday) with the girls playing at 1:30 p.m. and the boys at 3:30 p.m.

In Baseball, seven local nines advanced to Regional play and six were still breathing as the Best-of-3 Quarterfinals were played this past week.

In the smaller schools _ Class 1A and 2A _ Orangetown Christian (17-9) moved on to the Regional Semifinals with a sweep of First Academy-Leesburg (11-10) by the scores of 9-0 and 10-1 and will host the winner of Thursday's winner-take-all third game between St. Francis Catholic (20-7) and Oak Hall (9-10) on Monday and Tuesday in Class 1A-Region 2. A third game, if necessary, would be played on Thursday.

The Master's Academy (19-8) played at Lakeland Christian (20-8) on Thursday in Class 2A-Region 2 after splitting 6-5 decisions in the first two games. The winner will take on the winner of another game three between Foundation Academy (19-9) and Lakeland-Santa Fe Catholic (22-6) starting Monday.

In the larger schools _ Class 5A, 6A and 7A _ Hagerty and Winter Springs both won their first Quarterfinal games on Wednesday, while Lake Mary and Oviedo dropped their first contests. Game 2 was scheduled for Thursday and a third if necessary winner-take-all game would be played today (Saturday).

In Lacrosse, the 2-time defending State Champion Lake Mary boys (17-0) eased their way into Wednesday's (April 30) Regional Semifinals with a 19-2 thrashing of Lake Minneola (14-6) in the Quarterfinals and will host Viera (15-5) at 7 p.m. in hopes of reaching next Saturday's (May 3) Regional Championship Match.

On the girls' side, Lake Mary (16-3) in Class 2A-Region 1 and Hagerty (15-5), Lake Howell (14-6) and Oviedo (12-6) in 2A-Region 2 all won their Quarterfinal games.

In the semifinals, that will be played on Tuesday, the Rams will host Toco Creek (9-8), while Winter Park (14-7) will challenge the Huskies and the Silver Hawks will travel to battle the Lions.

The Regional Finals will be Friday, May 2.

BASEBALL

Here are the Regional results and schedules:

REGIONALS

Quarterfinals

Best 2-of-3

Class 7-Region 1

- (1) Spruce Creek (26-2) 4, (8) Atlantic Coast (18-10) 1.
- (4) Creekside (17-10) 3, (5) Timber Creek (18-10) 0.
- (2) Winter Park (23-4) 7, (7) Lake Mary (15-14) 6.
- (3) Hagerty (24-3-1) 6, (6) West Orange (19-8) 5.

Class 6A-Region 1

- (1) Buchholz (28-1) 2, (8) First Coast (17-11) 0 (5-1, 9-2).
- (4) Tate (15-11) 3, (5) Fletcher (15-9-1) 0.
- (2) Pace (21-4) 6, (7) Oviedo (12-16) 0.
- (3) Toco Creek (18-8) 5, (6) East River (16-12) 2.

Class 5A-Region 2

- (1) Winter Springs (24-4) 10, (8) Auburndale (10-18) 0.
 - (5) Wesley Chapel (13-11) 1, (4) Seabreeze (16-12) 0.
 - (7) River Ridge (15-8) 2, (2) Sebring (20-8) 0 (9-3, 3-1).
 - (6) Springstead (16-10) 13, (3) New Smyrna Beach (13-10) 3.
- * Game 2 was Thursday and Game 3 _ if necessary _ will be on Saturday.

Class 2A-Region 2

- (1) The First Academy-Orlando (24-4) 2, (8) Melbourne Central Catholic (12-12) 0 (23-0, 12-0).
- (5) John Carroll (19-9) 2, (4) Montverde (16-11) 0 (12-2, 4-2).
- (2) Lakeland Christian (20-8) 1, (7) The Master's Academy (19-8) 1 (6-5, 5-6). Game 3 late Thursday.
- (6) Foundation (19-9) 1, (3) Santa Fe Catholic (22-6) 1 (12-2, 2-4). Game 3 late Thursday.

See Preps, Page 9

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Busy weekend in the LMSA

Will wrap up April with an Open House and Whiskey Race on Sunday and Rum Race on Wednesday

By Dean L. Smith
Herald Staff

SANFORD — An active April will come to an end for the Lake Monroe Sailing Association (LMSA) this week with three big events.

While racing and competition are always a crowd pleasing and attracting activity, and there are those with the monthly Sine Metu Jameson Irish Whiskey Race on Sunday and the Malibu Rum Race on Wednesday, the biggest event, as far as the LMSA is concerned, is Sunday's Open House, with the public invited to check out everything the Club has to offer in hopes of signing up new members.

In the most recent on the water action, the LMSA held its monthly Members Club Race of the 2025 Members Club Race Series for the Hayden

Trophy last Saturday with the Fisk Hayden captained Gen 4 winning both of the races contested. With it being Easter Weekend, only three boats made it onto the lake and then the middle of the three scheduled races was abandoned because of high winds making the course dangerous.

The regular Wednesday Malibu Rum Race sponsored by Filomena's Pizzeria attracted eight vessels and it was John Chamberlain on NacraNA claiming the Overall and Multihull Boat wins over Rich Gailey and Wicklow Way, which was also first place in Displacement Boat, and Bad Juju under Jim White, which also won the Planing Boat division.

Here are the results:

April Members Club Race

Saturday, April 19, 2025

1. Gen 4 (Fisk Hayden), Race 1 _ 1.0 + Race 2 _ abandoned + Race 3 _ 1.0 = 2.0; 2. Fleur de Mer III (Olivier Fleury), Race 1 _ 3.0 + Race 2 _ abandoned + Race 3 _ 2.0 = 5.0; 3. Bad Juju (Jim White), Race 1 _ 2.0 + Race 2 _ abandoned + Race 3 _ 4.0 Did Not Start = 6.0.

Malibu Rum Race

Wednesday, April 23, 2025

1. (Multihull 1) NacraNA (John Chamberlain), 0:54:37;
2. (Displacement 1) Wicklow Way (Rich Gailey), 0:56:40 (minus-0:01:59); 3. (Planing 1) Bad Juju (Jim White), 0:58:48 (-0:03:38); 4. (Displacement 2) Show Me (Andy Forrest), 0:59:12 (-0:04:24); 5. (Displacement 3) Fleur de Mer III (Olivier Fleury), 1:00:16 (-0:05:21); 6. (Displacement 4) UV (Ray Laguna), 1:03:20 (-0:07:45);

See LMSA, Page 9

UCF softball blasts eight home runs in 14-13 win at Stetson



Knights author largest overall comeback win in program history

By Ryan Ladika
UCFAA

DeLAND — “We’re in a situation where we can’t just put the ball in play,” said UCF head coach Cindy Ball-Malone. “We need to swing big.” Did they ever.

The UCF softball team (27-20-1) has made history in a variety of avenues throughout the 2025 campaign, from kicking off conference play with its highest-ranked series win over then-No. 4 Arizona, to its largest comeback win over a ranked opponent against then-No. 15 Missouri, to name a couple.

On Wednesday night in DeLand, the squad once again rewrote its history, accomplishing something no other Knights team had done in the program’s first 23 years of existence.

Powered by two six-run innings and a single-game program record eight home runs, the Black and Gold erased an 11-0 first-inning deficit to earn the largest overall comeback win in program history, 14-13, over the Stetson Hatters (25-25) at Patricia Wilson Field.

In addition to setting new program single-game marks for the comeback (11 runs) and homers (8), the Knights also hit five home runs

in a single inning for the first time in program history, and slugged back-to-back-to-back homers in an inning for the first time as well.

“I knew they were capable of scoring runs like that, but to do it in that fashion, it’s tough to do,” said Ball-Malone. “Stetson is always feisty when we play them, they’re tough. To see us do what they did and stay together, it was big for us.”

UCF’s most prolific offensive display since its 21-9 victory over Wisconsin during the 2024 Clearwater Invitational came on the back of multi-homer games from both Izzy Mertes and Kiley Strott (3-for-3, 2 home runs, double, three runs scored, two RBI) and one home run each from Aubrey Evans, Sierra Humphreys, Samantha Rey and Ashleigh Griffin.

The squad’s 17 hits marked a new single-game season high, and the team’s highest single-game total since its 25-hit barrage against the Badgers Feb. 16, 2024.

Not to be overlooked was an outstanding relief appearance by redshirt freshman Isabella Vega in the circle.

Vega, who has already played instrumental roles in ranked wins over No. 3 Florida, No. 4 Arizona, No. 15 Missouri and No. 22 Florida Atlantic, stifled Stetson over five innings of work to allow her team time to mount its comeback.

She entered with a runner on in the bottom of the

third and none out, and induced a 5-4-3 double play before fanning her first Hatters hitter of the night.

Though the Hatters managed two runs in the bottom of the fourth, the hosts would not score again as Vega stranded a one-out double in the bottom of the fifth and authored a spotless sixth frame, setting the stage for the Black and Gold to complete their historic comeback.

Strott, a Lake Brantley graduate who entered the game with just two hits in 27 at bats over two seasons, led off the top of the seventh with her second home run of the game and Evans and Stormy Kotzelnick singled in runs before Griffin launched a 1-2 pitch over the left-center field wall with two on base and two outs to give the Knights the lead.

Vega (9-4), working with a lead for the first time, quickly dispatched of the final three Stetson hitters, inducing a pop out to Humphreys at third base in foul territory before rolling a game-ending 4-6-3 double play.

Up Next:

UCF is hosting its final three home games of the regular season against Big 12 Conference foe Houston. The series opened on Friday with Game 2 today (Saturday) at 2 p.m. and the final _ which will be Senior Knight _ on Sunday at noon from the UCF Softball Complex and both games will be streamed on ESPN+.

UCF baseball routs FAU, 17-2, for third consecutive win

14-hit attack backs Siegel’s complete game; Knights hosting #10 West Virginia this weekend

By James Warnick
UCFAA

BOCA RATON — The UCF baseball team scored early and often and Grant Siegel went the distance on the mound to lead the Knights to a 17-2 run-rout victory over Florida Atlantic on Tuesday night at FAU Baseball Stadium.

The win marked the Black and Gold’s third straight and fourth in their last five games. The Knights move to 23-17 with the victory while FAU drops to 27-13 with the setback.

All nine Black and Gold starters recorded hits in the contest and DeAmez Ross led the way with three hits and a game-high five runs batted in. Siegel went a season-long seven innings on the mound and struck out a season-high seven batters on his way to improving to 4-2 on the season.

“It’s not easy to come down the day-of and get on the bus and do all the things we had to do. But we had a good BP, and the team was prepared to play, and it showed,” head coach Rich Wallace said. “It was great to get off to that 4-0 start and then Siegel went out and pitched the way

that he did. We also defended at a high level. Overall, it was a really good night.”

The Knights got off to a quick start with four runs in the top of the first. With Antonio Jimenez and Andrew Williamson in scoring position following a single, walk and double steal, Andrew Sundean drove them both home with a two-run double. UCF later loaded the bases with two away and Braden Calise drove in two more runs with a two-run single to center.

FAU got a run back in the bottom of the first with a solo home run from John Schroeder, but the Black and Gold responded with another four-spot in the top of the third to extend their lead to 8-1. With two on and two out in the frame, Ross delivered a two-run single to right and Jimenez followed with a two-run single to center.

The UCF offense wasn’t done, plating six more runs, all with two outs, in the fourth inning to make it 14-1. With Lex Boedicker in scoring position, Kendrey Maduro drove him home with a double to left. After back-to-back walks, Ross then legged out an infield single to third base to drive in his third run of the game and Jimenez followed by working a bases loaded walk

to make it 11-1. Williamson then helped the Knights break it open with a bases-clearing triple off the wall in right-center field.

With Siegel putting zeros up, the Black and Gold then added three more runs in the top of the seventh. Dylan King started the scoring with a two-out RBI single to bring in Chase Krewson. Ross then capped UCF’s scoring with a two-run single.

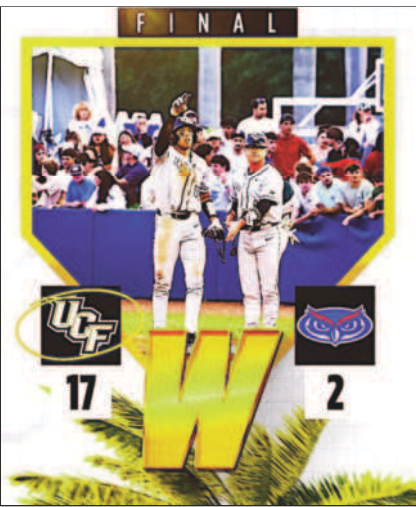
With the Black and Gold having reeled off 13 unanswered runs, the Owls picked up a run with two outs in the last of the seventh, but Siegel managed to retire the next man to end the ballgame via the run rule.

Siegel allowed two runs on five hits while striking out seven and walking just two. He retired the side in order in both the second and third innings and had a stretch in which he sat down nine straight hitters.

Behind Ross’ 3-for-6 and career-best five-RBI performance, Jimenez and Williamson each drove in three runs and Boedicker and Maduro both went 2-for-3 with three runs scored. The 17 runs for UCF tied for the second-most of the season.

Sausser tabbed BIG 12 Co-Pitcher of the Week

IRVING, Texas — Sophomore right-hander Matt Sausser was tabbed the Big 12 Co-



Photos courtesy of UCFAA

Pitcher of the Week after going a career-long 8.0 innings while striking out a career-best eight batters en route to a 4-2 victory over No. 17 TCU last Saturday. In his first weekend start as a Knight, the Florida State transfer allowed just two runs on five hits while striking out the eight batters and not issuing a walk. He faced the minimum in six of his eight innings of work, which included a stretch in which he retired 14 straight batters. Over 104 total pitches, Sausser threw 77 for strikes.

The Knights were at John Euliano Park to open a weekend series with Big 12 Conference-leading and No. 10 ranked West Virginia on Friday. Game two is today (Saturday) at 6 p.m. and Game 3 is 1 p.m. on Sunday. The team will also be at home for North Florida on Tuesday at 6 p.m. The games will be streamed on ESPN+ and the West Virginia games will be carried by FM 96.9 The Game on the radio. Live audio will be available by visiting UCFKnights.com and live stats can be followed at ucf.statbroadcast.com.

Preps

Continued from Page 9

- Class 1A-Region 2**
- (1) Mount Dora Christian (15-13) 2, (8) Countryside Christian (14-8) 0 (16-0, 12-2).
- (4) Deltona Trinity (15-14) 2, (5) The Geneva School (17-7) 0 (14-0, 6-4).
- (2) Orangewood Christian (17-9) 2, (7) First Academy-Leesburg (11-10) 0 (9-0, 10-1).
- (3) St. Francis Catholic (20-7) 1, (6) Oak Hall (9-10) 1 (6-4, 7-10). Game 3 late Thursday.
- Semifinals**
- Best 2-of-3**
- Monday, Tuesday and (if necessary) Thursday**
- Class 2A-Region 2**
- (5) John Carroll (19-9) at (1) The First Academy-Orlando (24-4).
- 2-7 winner vs. 6-3 winner, at home of higher seed.
- Class 1A-Region 2**
- (4) Deltona Trinity (15-14) at (1) Mount Dora Christian (15-13).
- 3-6 at (2) Orangewood Christian (17-9).
- Wednesday, Thursday and (if necessary) Saturday**

- Class 7-Region 1**
- 5-4 winner at (1) Buchholz (28-1).
- 2-7 winner vs. 6-3 winner.
- Class 6A-Region 1**
- 1-8 winner vs. 5-4 winner.
- 2-7 winner vs. 6-3 winner.
- Class 5A-Region 2**
- 1-8 winner vs. 5-4 winner.
- (7) River Ridge (15-8) at 6-3 winner.
- Go to _ <https://fhssaa.com/sports/baseball> _ to find the results and more information.
- LACROSSE**
- Here are the Regional Quarterfinal results and upcoming schedules:
- REGIONALS**
- BOYS**
- Quarterfinals**
- Class 2A-Region 2**
- Wednesday, April 23**
- (1) Lake Mary (17-0) 19, (8) Lake Minneola (14-6) 2.
- (4) Viera (15-5) 13, (5) Oviedo (14-4) 11.
- (2) Winter Park (13-3) 8, (7) Timber Creek (13-7) 3.
- (3) West Orange (10-5) 9, (6) Vero Beach (11-8) 8.
- Semifinals**
- Wednesday, April 30**
- (4) Viera (15-5) at (1) Lake Mary (17-0), 7 p.m.
- (3) West Orange (10-5) at (2) Winter Park (13-3), 7 p.m.

- Finals**
- Saturday, May 3**
- Semifinal winners at home of higher seed.
- GIRLS**
- Quarterfinals**
- Tuesday, April 22**
- Class 2A-Region 1**
- (1) Lake Mary (16-3) 21, (8) Creekside (7-11) 1.
- (5) Toccoi Creek (9-8) 12, (4) Gulf Breeze (12-7) 8.
- (2) Ponte Vedra (13-4) 21, (7) Lake Brantley (9-10) 4.
- (3) Bartram Trail (11-7) 20, (6) Navarre (14-6) 1.
- Class 2A-Region 2**
- (1) Hagerty (15-5) 20, (8) Horizon (13-4) 2.
- (5) Winter Park (14-7) 14, (4) West Orange (12-6) 7.
- (2) Oviedo (12-6) 18, (7) Ocala Forest (12-6) 8.
- (3) Lake Howell (14-6) 19, (6) Buchholz (12-7) 5.
- Semifinals**
- Tuesday, April 29**
- Class 2A-Region 1**
- (5) Toccoi Creek (9-8) at (1) Lake Mary (16-3), 7 p.m.
- (3) Bartram Trail (11-7) at (2) Ponte Vedra (13-4), 7 p.m.
- Class 2A-Region 2**
- (5) Winter Park (14-7) at No. 1 Hagerty (15-5).
- (3) Lake Howell (14-6) at No. 2 Oviedo (12-6).
- Final**
- Friday, May 2**
- Semifinal winners at home of higher seed.
- Go to _ <https://fhssaa.com/sports/lax> _ and

- look for the link to the respective boys and girls pages for more information.
- WATER POLO**
- FHSAA STATE FINALS**
- At Gian Zumpano Aquatic Center, Miami**
- GIRLS**
- Semifinals**
- Friday, April 25**
- Game 1 _ Seminole (27-1) vs. Miami Country Day (13-9).
- Game 2 _ West Orange (17-5) vs. Gulliver Prep (25-1).
- Championship**
- Saturday, April 26**
- Game 3 _ Semifinal winners, 1:30 p.m.
- BOYS**
- Semifinals**
- Friday, April 25**
- Game 1 _ St. Thomas Aquinas (20-6) vs. Westminster Academy (22-2).
- Game 2 _ Seminole (20-8) vs. Mater Lakes Academy (23-2).
- Championship**
- Saturday, April 26**
- Game 3 _ Semifinal winners, 3:30 p.m.
- Go to _ <https://fhssaa.com/sports/wp> _ for more information

Briefs

Continued from Page 8

<https://www.facebook.com/buildingRaiders/>. Fans can also follow the Raiders Softball team on Facebook

(<https://www.facebook.com/seminolestatesoftball>).

ORLANDO SPEEDWORLD

Coming up at Orlando Speed World Dragway:

* Today (Saturday) _ TRC (That Racing Channel) & Sinister Performance NO PREP!! Presented by FuelTech. 1/8 Mile backside of the track. Spectator Gates open at 2 p.m., racing starts at 4 p.m. Tickets (available Online _ <https://tickets.thefoat.com/.../tickets/id-0AUjH0AHnnFM/> _ and at the gate) _ \$25 for single spectator; \$50 VIP Parking + Admission (limited space); KIDS 10 and under FREE.

* Sunday _ Cars, Coffee & Drags + Roll Racing. A super fun, relax, family friendly with great atmosphere for All-Ages to enjoy a day of Racing, Roll Racing & Car Show at Orlando Speed World. So come on over race your truck, minivan, car or just watch all the cool cars going down the track while enjoying some food and drinks from the OSW Cafe. Gates open at 9 a.m.; Close at 3 p.m.; General admission, \$10; Racer admission, \$25 (Drag, Roll Racing, Car Show); Kids under 10 years old get in FREE.

* Wheels Up Wednesday _ “All

Welcome Test and Tune and Grudge Racing” with gates opening at 6 p.m. and racing from 6 p.m.-to-10:30 p.m. \$20 General Admission or \$30 to race.

* Thursday-thru-Sunday (May 1-4) _ Bracketazo Para Papa VIII.

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.

VOLUSIA SPEEDWAY PARK

Volusia Speedway Park in DeLeon Springs/Barberville is set to continue its 57th season with the “Short Track Showdown” tonight (Saturday).

The Short Track Showdown features the “Fab 5” divisions _ DIRTcar UMP Modifieds, 604 Late Models, 602 Late Models, Factory Stocks and 3/4 Modifieds _ for their lone event in April.

Grandstand gates and ticket sales open at 4 p.m., Hot Laps at 6 p.m., followed by Opening Ceremonies and Racing.

The Ticket Phone is (844) 347-8849. General admission tickets are \$15 and kids aged 12 and under are free. The racing will also be broadcasted LIVE on DIRTvision!

Please check our Facebook and website VolusiaSpeedwayPark.com _ for updates or changes. The office phone is 386-985-4402.

The track is located at 1500 East State Road 40 in DeLeon Springs. Take either FL-11 North or Highway-17 out of DeLand and go to SR-40 and turn left (West) if

using 11 or right (East) if using 17.

NEW SMYRNA SPEEDWAY

New Smyrna Speedway will be hosting its April Family Fun Night tonight (Saturday) with \$5 General Grandstand Admission and kids 11 years of age and under free of charge if accompanied by paying Adult.

The evening’s racing action will feature E-Mod, Super Stocks, Black Jack Seal Coating Bomber A, Bomber B, Florida Southern Ground Pounders and Spectator Races.

Pit gates open at 2 p.m. with Division Practice from 3:30 p.m.-to-5 p.m. Ticket booths and grandstand gates open at 5:30 p.m. Heat Races are at 6 p.m., followed by an autograph session on track along with activities for the kids (TBA)! Feature Racing starts at 7:30 p.m.

The track is located at the corner of SR. 44 and CR 415, between New Smyrna, DeLand and Daytona.

For information on New Smyrna Speedway, visit www.newsmyrnspeedway.org _ or call the track office at 386-427-4129.

ORLANDO CITY

Orlando City SC (3-2-4, 13 points) will host Atlanta United FC at Inter&Co Stadium tonight (Saturday). That match is set to kick off at 7:15 p.m. on MLS Season Pass on Apple TV and on Apple TV+. For more information on Orlando City SC and Orlando Pride, visit OrlandoCitySC.com or OrlandoPride.com.

SANFORD ADULT VOLLEYBALL

Here is the Week 9 schedule in the City of Sanford Parks and Recreation

Department Adult Spring Volleyball Season that plays on Sunday’s at the Westside Community Center, located at 919 South Persimmon Avenue across from Crooms Academy.

In the B-Recreation Division _ 3 p.m., Rolling Thunder vs. Derby Smashers; 4 p.m. _ Derby Smashers vs. Holy Hittas; and 5 p.m. _ The Benchwarmers vs. The Collective.

In the A-Competitive Division _ 6 p.m., Sand & Sweat vs. Virogo Smashers; 7 p.m. _ Avengers vs. Msk; and 8 p.m. _ Sexy Babe vs. Block Party.

Everyone is invited to watch the games for free.

ORLANDO VALKYRIES

The Orlando Valkyries (14-10) travelled to Fishers, Indiana, to take on the Indy Ignite on Friday and will face a quick return to Orlando to face the Columbus Fury in their final home match of the Regular Season on Sunday starting at 6 p.m. at Addition Financial Arena on the CBS Sports Network. Go to <https://provolleyball.com/teams/orlando-valkyries> _ for more information.

SANFORD ADULT SOFTBALL

Here is this week’s schedule in the City of Sanford Parks and Recreation Department Adult Softball Spring Season.

The Men’s League on Tuesday has Venezuelanos en Sanford facing the West End Trading Company at 6:30 p.m. and Bokey Batters challenging the Titans at 7:30 p.m.

The Semi-Co-Ed/Fun League on Wednesday has The West End Trading

Company playing the doubleheader against Fusion at 6:30 p.m. and Throwbacks at 7:30 p.m. and Pat’s Liquor facing Wet Spot at 8:30 p.m.

Everyone is invited to watch the games for free at Pinehurst Park on West 24th Street.

For more information contact Dominic Pascuzzo, City of Sanford Recreation Supervisor, at the City of Sanford Parks and Recreation Department at 407-688-5120, extension 5004; Fax _ 407-688-5121; face-

book.com/SanfordFLCityGovt; instagram.com/cityofsanfordfl; visit the city website www.sanfordfl.gov _ or email: dominic.pascuzzo@sanfordfl.gov.

ORLANDO PRIDE

The Orlando Pride (4-1-0, 12 points) were at home to welcome Angel City FC to Inter&Co Stadium on Friday. For more information on Orlando City SC and Orlando Pride, visit OrlandoCitySC.com or OrlandoPride.com.

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LMSA

Continued from Page 8

7. (Displacement 5) Shajaira (Bob Fellingham), 1:05:19 (-0:09:42); 8. (Displacement 6) Castaway (Richard McFadyen), 1:08:53 (-0:13:04).

Up Next:

* Sunday _ LMSA Open House. Come on down to the LMSA Club House (531 North Palmetto Avenue on Marina Isle) to meet the members, hear about club activities, and learn about membership from 11 a.m.-to-1 p.m. Then stick around for the Sine Metu Jameson Irish Whiskey Race.

* Sunday _ Sine Metu Jameson Irish Whiskey Race. The start window is 2 p.m.-to-2:05 p.m.

* Wednesday _ Wednesday Malibu Rum Race sponsored by Filomena’s Pizzeria. A beautiful sunset race, social at Filomena’s with STICKERS and a BOOZE RAFFLE! If you are looking to crew, be down at the ramp by 6 p.m. If you are sailing, the starting window will be between 6:25 p.m.-and-6:30 p.m.

For more information, visit www.flalmsa.org _ or call (321) 578-8364.

LEGALS

purpose of amending this policy is to revise or update the plan for the 2025-2026 school year.
STATUTORY AUTHORITY: 1001.41, 1001.42, 1001.43, F.S.
LAWS IMPLEMENTED: 1001.49, & 1001.51, F.S. There is a policy workshop scheduled on Tuesday, May 13, 2025, at 9:30am at the Educational Support Center, 400 E. Lake Mary Blvd., Sanford, FL 32773. The person to be contacted regarding the proposed policy amendment and a copy of the preliminary draft, if available, Jill Mahramus, Clerk to the School Board, Seminole County Public Schools, 400 E. Lake Mary Boulevard, Sanford, Florida, 32773-7127. Contact information via email is jill_mahramus@scps.k12.fl.us or by telephone (407) 320-0241. Publish: April 27, 2025 LN2168

NOTICE OF POLICY AMENDMENT/POLICY WORKSHOP STUDENT CONDUCT AND DISCIPLINE CODE 2025-2026
AGENCY: The School Board of Seminole County, Florida
TITLE OF POLICY: Student Conduct and Discipline Code 2025-2026
PURPOSE AND EFFECT: The purpose for revising this policy is to align the content to reflect any changes in state statutes, rules, and board policies concerning student conduct.
STATUTORY AUTHORITY: 1001.32, 1001.41, 1001.42, 1001.43 F.S.
LAWS IMPLEMENTED: 20 U.S.C. § 1232g; 34 C.F.R. Part 99; 29 U.S.C. § 794; 322.055, 322.091, 386.212, 562.11, 562.111, 569.11, 569.12, 784.011, 784.048, 784.081, 790.001, 790.162, 790.163, 836.10, 877.112, 1002.20, 1002.22, 1003.21, 1003.24, 1003.27, 1003.32, 1003.54, 1003.57, 1006.08, 1006.09, 1006.10, 1006.11, 1006.13, F.S.; 6A-1.0017, 6A-1.0956, 6A-6.03312, 6A-19.008, F.A.C.
There is a policy workshop scheduled on Tuesday, May 13, 2025, at 9:30am at the Educational Support Center, 400 E. Lake Mary Blvd., Sanford, FL 32773. The person to be contacted regarding the proposed policy amendment and a copy of the preliminary draft, if available, is Amy Elwood, Assistant Superintendent of Student Support Services, Seminole County Public Schools, 400 E. Lake Mary Blvd., 32773. Contact information via email is amy_elwood@scps.k12.fl.us and by phone (407)-320-2001. The preliminary text of the proposed policy amendment is or will be available at no charge from the contact person listed above.
Publish: April 27, 2025 LN2169

SEMINOLE COUNTY GOVERNMENT NOTICE AND SUMMONS FOR DECLARATION OF PUBLIC NUISANCE
SEMINOLE COUNTY, a political subdivision of the State of Florida, Petitioner,
v
ROBERT PRINGLE, DANIEL PRINGLE, SR, CLIFFORD B PRINGLE, SR, HENRY PRINGLE, BEATRICE LAW Respondents.
RE: PARCEL I.D. NO.: 33-19-31-507-0000-0830
ADDRESS: 2321 BROADWAY, SANFORD, FL 32771
LEGAL DESCRIPTION: THE ADVERSE POSSESSION LOTS 83 + 84 J O PACKARDS 1ST ADD TO MIDWAY, ACCORDING TO THE PLAT THEREOF AS RECORDED IN PLAT BOOK 2, PAGE 104 OF THE PUBLIC RECORDS OF SEMINOLE COUNTY, FLORIDA.
SUMMONS TO APPEAR TO: RESPONDENTS, ROBERT PRINGLE, DANIEL PRINGLE SR, CLIFFORD B PRINGLE SR, HENRY PRINGLE, BEATRICE LAW: You are required to appear before the Board of County Commissioners of Seminole County (the, "Board") at the Seminole County Services Building, 1101 East First Street, Sanford, Florida 32771 (first floor, Commission Chambers, Room 1028) on May 13, 2025 at 1:30 p.m. or as soon thereafter as possible, to show cause, if any, why the property and/or premises located at 2321 Broadway, Sanford, FL 32771 (the "Subject Property") should not be declared a public nuisance, and why the corrective action of abatement, as specified below, to correct the public nuisance, which has been determined to exist on the Subject Property, should not be taken. You must also show cause as to why you should not be responsible for payment of the cost of the corrective action of abatement specified in this Notice, or show cause, if any, why said cost should not be assessed against said land or premises.
NOTICE OF SHOW CAUSE PUBLIC HEARING
WHEREAS, Robert Pringle, Daniel Pringle Sr, Clifford B Pringle Sr, Henry Pringle and Beatrice Law, 3204 W Bangs Ave, Neptune, NJ, 07753-7163, are the owners of record of the Subject Property according to the Seminole County Tax Collector's public records, and are the party having, or claiming to have, any right, title, or interest in the Subject Property; and WHEREAS, the Board was requested by the Seminole County Building Division to issue a determination and declare the structure on the Subject Property in Seminole County, Florida to be dangerous structure which is a great hazard to the health, safety, and welfare of the general public and is therefore a public nuisance. It was further requested that the above-described owners of the Subject Property take corrective action of either repair of the structure in compliance with the Florida Building Code or demolition and removal of the structure to abate the public nuisance; and WHEREAS, the Board, upon further review and consideration, has declared the structure on the Subject Property a public nuisance, to wit: (1) the structure is unoccupied and has been severely damaged by the elements of nature due to abandonment; (2) the roof

LEGALS

system, foundation piers, doors and windows, including frames, interior partition walls and porch have been removed or are damaged beyond reasonable repair and are in imminent danger of collapse; (3) electrical service to the structure has been disconnected. The electrical, plumbing, and mechanical systems have been removed or are damaged beyond reasonable repair. These conditions constitute a potential fire hazard; and (4) the condition and location of the Subject Property is currently unsafe, promotes loitering, and creates a sanctuary for nuisance wildlife, transients, and drug users. Based on the declaration of public nuisance, the Board has mandated the above-described owners of the Subject Property to take corrective action to abate the nuisance, as recommended by the Seminole County Building Division. NOW THEREFORE, notice is hereby given to Robert Pringle, Daniel Pringle Sr, Clifford B Pringle Sr, Henry Pringle, and Beatrice Law, 3204 W Bangs Ave, Neptune, NJ, 07753-7163, and all parties having or claiming to have any right, title, or interest in the Subject Property to appear before the Board of County Commissioners of Seminole County, Florida at 1:30 p.m. on the 13th day of May, 2025, at the Seminole County Services Building, Room 1028, 1101 East First Street, Sanford, Florida to show cause, if any, why such structure should not be declared a public nuisance and why the corrective action of abatement specified in this Notice and Summons for Declaration of Public Nuisance should not be taken.
DATED: April 8, 2025
Robert McHugh, Esq.
Assistant County Attorney
Florida Bar No.: 1026192
Seminole County Attorney's Office
1101 East First Street
Sanford, FL 32771
Telephone: (407) 665-7240
Facsimile: (407) 665-7259
Email: rmchugh@seminole-countyfl.gov (primary)
Attorney for Petitioner
Publish: April 20, 27, May 7, 14, 2025 LN2140

NOTICE OF PUBLIC HEARINGS REGARDING ADOPTION OF AN ORDINANCE BY THE CITY OF SANFORD, FLORIDA
The City Commission of the City of Sanford, Florida, will hold public hearings at 7 PM, or as soon thereafter as practicable, in the City Commission Chambers, First Floor, Sanford City Hall, 300 North Park Avenue, Sanford, Florida, as follows:
On Monday, April 14, 2025, to consider approving Ordinance No. 2025-4825, on the Ordinance's first reading, and
On Monday, April 28, 2025, to consider the adoption/enactment of Ordinance No. 2025-4825, title of which is as follows:
Ordinance No. 2025-4825
An ordinance of the City Commission of the City of Sanford, Florida relating to solid waste and recovered materials; revising the provisions of the City Code relating to solid waste and recycling to address recovered materials in accordance with the provisions of Section 403.7046, Florida Statutes; amending Sections 86-32, 86-34, 86-71, 86-398 and 86-407 of the City Code; providing for a savings provision; providing for conflicts; providing for severability; providing for codification and the correction of scrivener's errors; and providing for an effective date.
A copy of the Ordinance shall be available at the office of the City Clerk for all persons desiring to examine the same or obtain a copy of the Ordinance and its Business Impact Estimate.
All parties in interest and citizens shall have an opportunity to be heard at said hearings. This is a legislative matter before the City Commission and involves a legislative, and non-quasi-judicial, decision by the City Commission.
The Rules of the City Commission, as well as other public records pertaining to this matter, are fully available to the public under the provisions of controlling Florida law and the City's commitment to transparency which is a policy and core value of the City. Likewise, the City's website provides an array of available public records and information that may be of assistance to the public.
By order of the City Commission of the City of Sanford, Florida.
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. (See, Section 286.0105, Florida Statutes). Traci Houchin, MMC, FCRM City Clerk
Publish: April 13, 27, 2025 LN2132

NOTICE OF FICTITIOUS NAME

Notice is hereby given that I am engaged in business at 960 English Town Ln, Unit 312, Winter Springs, FL, 32708 Seminole County, Florida under the Fictitious Name of "Elite Physical Therapy & Rehab" As Well As "Elite Physical Therapy And Rehab" and that I intend to register said name with the Division of Corporations, Tallahassee, Florida, in accordance with the provisions of the Fictitious Name States, to wit: Section 865.09, Florida Statutes 1991. Corporation Elite Physical Therapy And Rehab LLC
Publish: April 27, 2025 LN2172

LEGALS

NOTICE OF PUBLIC HEARINGS REGARDING ADOPTION OF AN ORDINANCE BY THE CITY OF SANFORD, FLORIDA
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Publish: April 13, 27, 2025 LN2132

SEMINOLE COUNTY GOVERNMENT

NOTICE AND SUMMONS FOR DECLARATION OF PUBLIC NUISANCE

SEMINOLE COUNTY, a political subdivision of the State of Florida, Petitioner,
v
ROBERT PRINGLE, DANIEL PRINGLE, SR, CLIFFORD B PRINGLE, SR, HENRY PRINGLE, BEATRICE LAW Respondents.

RE: PARCEL I.D. NO.: 33-19-31-507-0000-0830
ADDRESS: 2321 BROADWAY, SANFORD, FL 32771
LEGAL DESCRIPTION: THE ADVERSE POSSESSION LOTS 83 + 84 J O PACKARDS 1ST ADD TO MIDWAY, ACCORDING TO THE PLAT THEREOF AS RECORDED IN PLAT BOOK 2, PAGE 104 OF THE PUBLIC RECORDS OF SEMINOLE COUNTY, FLORIDA.

SUMMONS TO APPEAR

TO: RESPONDENTS, ROBERT PRINGLE, DANIEL PRINGLE SR, CLIFFORD B PRINGLE SR, HENRY PRINGLE, BEATRICE LAW:

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WHEREAS, the Board was requested by the Seminole County Building Division to issue a determination and declare the structure on the Subject Property in Seminole County, Florida to be dangerous structure which is a great hazard to the health, safety, and welfare of the general public and is therefore a public nuisance. It was further requested that the above-described owners of the Subject Property take corrective action of either repair of the structure in compliance with the Florida Building Code or demolition and removal of the structure to abate the public nuisance; and

WHEREAS, the Board, upon further review and consideration, has declared the structure on the Subject Property a public nuisance, to wit: (1) the structure is unoccupied and has been severely damaged by the elements of nature due to abandonment; (2) the roof system, foundation piers, doors and windows, including frames, interior partition walls and porch have been removed or are damaged beyond reasonable repair and are in imminent danger of collapse; (3) electrical service to the structure has been disconnected. The electrical, plumbing, and mechanical systems have been removed or are damaged beyond reasonable repair. These conditions constitute a potential fire hazard; and (4) the condition and location of the Subject Property is currently unsafe, promotes loitering, and creates a sanctuary for nuisance wildlife, transients, and drug users. Based on the declaration of public nuisance, the Board has mandated the above-described owners of the Subject Property to take corrective action to abate the nuisance, as recommended by the Seminole County Building Division.

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DATED: April 8, 2025

Robert McHugh, Esq.
Assistant County Attorney
Florida Bar No.: 1026192
Seminole County Attorney's Office
1101 East First Street
Sanford, FL 32771
Telephone: (407) 665-7240
Facsimile: (407) 665-7259
Email: rmchugh@seminolecountyfl.gov (primary)
Attorney for Petitioner

Publish: April 20, 27, May 7, 14, 2025 LN2140

LEGALS

IN THE CIRCUIT COURT FOR SEMINOLE COUNTY, FLORIDA
IN RE: ESTATE OF MARY I WILLIAMS a/k/a MARY LOWERY

Deceased.

PROBATE DIVISION

Case No. 2025-CP-000420

Division Probate

NOTICE TO CREDITORS

The administration of the estate of Mary I Williams a/k/a Mary Lowery, deceased, whose date of death was October 20, 2024, is pending in the Circuit Court for Seminole County, Florida, Probate Division, the address of which is 301 N. Park Ave., Sanford, Florida 32772-8099. The names and addresses of the personal representative and the personal representative's attorney are set forth below. All creditors of the decedent and other persons having claims or demands against decedent's estate on whom a copy of this notice is required to be served must file their claims with this court ON OR BEFORE THE LATER OF 3 MONTHS AFTER THE TIME OF THE FIRST PUBLICATION OF THIS NOTICE OR 30 DAYS AFTER THE DATE OF SERVICE OF A COPY OF THIS NOTICE ON THEM. All other creditors of the decedent and other persons having claims or demands against decedent's estate must file their claims with this court WITHIN 3 MONTHS AFTER THE DATE OF THE FIRST PUBLICATION OF THIS NOTICE. The personal representative has no duty to discover whether any property held at the time of the decedent's death by the decedent or the decedent's surviving spouse is property to which the Florida Uniform Disposition of Community Property Rights at Death Act as described in ss. 732.216-732.228, applies, or may apply, unless a written demand is made by a creditor as specified under s. 732.2211, Florida Statutes. ALL CLAIMS NOT FILED WITHIN THE TIME PERIODS SET FORTH IN FLORIDA STATUTES SECTION 733.702 WILL BE FOREVER BARRED. NOTWITHSTANDING THE TIME PERIODS SET FORTH ABOVE, ANY CLAIM FILED TWO (2) YEARS OR MORE AFTER THE DECEDENT'S DATE OF DEATH IS BARRED. The date of first publication of this notice is 4/20/2025

Personal Representative:

Leon D. Lowery
1374 Gaynor Street
Deltona, Florida 32725

Attorney for Personal Representative:

Jennifer Beaman Clark
Beaman & Clark Law Firm, P.A.
501 S. New York Avenue, Suite 220
Winter Park, Florida 32789
Telephone: (407) 628-4200
E-mail: jclark@beamanclarklaw.com

Publish: April 20, 27, 2025 LN2152

IN THE CIRCUIT COURT FOR SEMINOLE COUNTY, FLORIDA

IN RE: ESTATE OF

PROBATE DIVISION

EDWARD LYNN MCLAUGHLIN A/K/A EDWARD LYNN MC LAUGHLIN

Deceased.

File No.
2025CP000206

Division Probate


NOTICE TO CREDITORS

The administration of the estate of Edward Lynn McLaughlin a/k/a Edward Lynn Mc Laughlin, deceased, whose date of death was April 3, 2024, is pending in the Circuit Court for Seminole County, Florida, Probate Division, the address of which is 190 Slinger Way, Sanford, Florida 32773. The names and addresses of the personal representative and the personal representative's attorney are set forth below. All creditors of the decedent and other persons having claims or demands against decedent's estate on whom a copy of this notice is required to be served must file their claims with this court ON OR BEFORE THE LATER OF 3 MONTHS AFTER THE TIME OF THE FIRST PUBLICATION OF THIS NOTICE OR 30 DAYS AFTER THE DATE OF SERVICE OF A COPY OF THIS NOTICE ON THEM. The personal representative has no duty to discover whether any property held at the time of the decedent's death by the decedent or the decedent's surviving spouse is property to which the Florida Uniform Disposition of Community Property Rights at Death Act as described in ss. 732.216-732.228, Florida Statutes, applies, or may apply, unless a written demand is made by a creditor as specified under s. 732.2211, Florida Statutes. The written demand must be filed with the clerk. All other creditors of the decedent and other persons having claims or demands against decedent's estate must file their claims with this court WITHIN 3 MONTHS AFTER THE DATE OF THE FIRST PUBLICATION OF THIS NOTICE. ALL CLAIMS NOT FILED WITHIN THE TIME PERIODS SET FORTH IN FLORIDA STATUTES SECTION 733.702 WILL BE FOREVER BARRED. NOTWITHSTANDING THE TIME PERIODS SET FORTH ABOVE, ANY CLAIM FILED TWO (2) YEARS OR MORE AFTER THE DECEDENT'S DATE OF DEATH IS BARRED. The date of first publication of this notice is 4/20/25
Attorney for Personal Representative:
Mary Conte Mollenhauer, Esq.
Florida Bar Number: 43595
CONTE MOLLENHAUER LAW FIRM
605 Crescent Executive Court, Suite 112
Lake Mary, Florida 32746
Telephone: (321) 926-3242
E-Mail: mary@marycontelaw.com
Secondary E-Mail: cynthia@flestateparalegal.com
Personal Representative:
Mary Conte Mollenhauer, Esq.
605 Crescent Executive Court, Suite 112
Lake Mary, Florida 32746

Publish: April 20, 27, 2025 LN2146

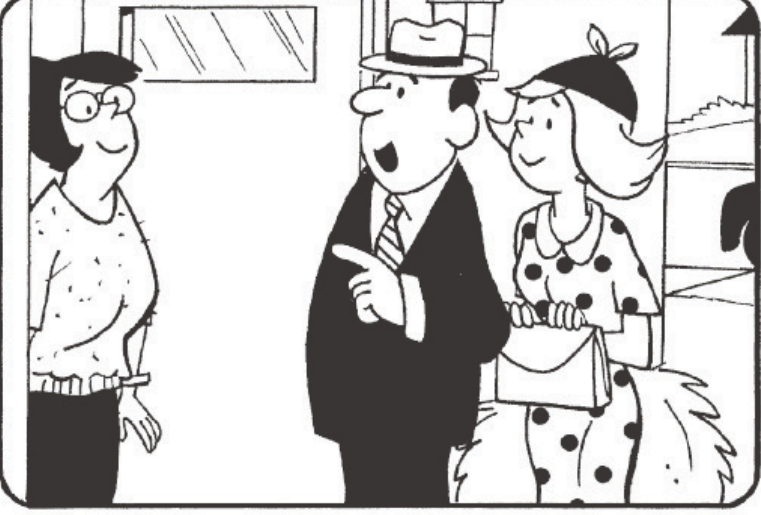
HOCUS-FOCUS

BY
HENRY BOLTIHOFF



4-28

Find at least six differences in details between panels.




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Differences: 1. Arm is longer. 2. Hat is different. 3. Car is moved. 4. Line is added to sidewalk. 5. Tie is different. 6. Purse is different.


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