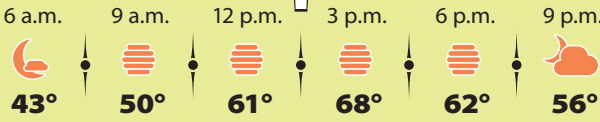




BEFORE THEY WERE VILLAGERS | C5
Terry Hindman lived in Alaska for 50 years and has a collection of Alaskan artifacts.



MADDIE CUTLER ON GIVING | C1
Villages Honor Flight is hosting its first fundraising fashion show of the year Feb. 15.



TOP WORLD AND NATION NEWS

EUROPE WORKS TO CALM PROTESTING FARMERS, A5

Around the World: U.S. identifies group that attacked Jordan base. **A3**

Across the Nation: Neuralink gives first brain implant to human. **A14**

Across the Nation: U.S., China discuss fighting flow of fentanyl. **A16**

SPORTS NEWS

CHIEFS LOOK TO BREAK REPEAT NFL TITLE DROUGHT

Kansas City is heading to the Super Bowl hoping to become the first back-to-back NFL champions since the Patriots did so 19 years ago. **B1**

LOCAL NEWS

VILLAGES HABITAT CLUB REACHES MILESTONE

The Villagers Habitat for Humanity Club held a Truss Day celebration for its current project, marking the raising of a home's roof. **C1**

LOCAL NEWS

WORSHIP HOUSES HOST CHARITY FASHION SHOWS

Temple Shalom, St. Mark the Evangelist and St. Vincent de Paul are all hosting fashion shows that will benefit area causes. **C3**

OUR TOWN | AMERICAN HEART HEALTH MONTH



Mark Goetz, left, of the Village of LaBelle, and club president Dianne Schultz, of the Village of Caroline, join members of The Villages Running Club last week for a fun run that also enhances cardiovascular health.

Rachel Stuart | Daily Sun

Quest to Keep Heart Healthy Continues

By VERONICA GALLAGHER | Daily Sun Specialty Editor

Everyone's risk for high cholesterol goes up with age — and with it the risk for heart disease.

There's no better time than February's American Heart Health Month to remember that senior living requires that little extra effort to stay heart healthy, which is feasible with The Villages lifestyle.

"Many patients fail to understand that although they may have been healthy their entire life, as they grow older they may require cardiac care and medications to optimize risk factor reduction," said Dr. Robert Herman, a cardiologist with The Villages Health. "Control of

Please See **HEART, A9**

WEAR RED ON FRIDAY

Friday marks National Wear Red Day. Dress in red to raise awareness for heart disease, the leading cause of death in the U.S.

Sumter Ranks Among Highest in State for Graduation Rate

The Sumter County School District and state of Florida saw year-to-year increases in high school graduations.

By GARRETT SHIFLET | Daily Sun Staff Writer

A high school diploma is not a given, it is earned; but students in Sumter County are above the state average when it comes to earning their sheepskin.

The Sumter County School District had a 94.3% graduation rate for the 2022-23 school year, based on data released by the Florida Department of Education. That is well above the Florida state average of 88%.

The Sumter County number is also an improvement from the 93.1% rate during the 2021-2022 school year.

"This data certainly makes me proud to be a small part

of such a dedicated group of professionals educating these kids — and glad the students see the value of that earned diploma," said Rick Shirley, Sumter County Superintendent of Schools. "We are not a 'diploma mill' and our school board believes in high standards for success — so that makes the data even more impressive."

The state's graduation rate is based upon how many students graduate on time within four years of starting ninth grade. It accounts for graduates, non-graduates and dropouts, which can

Please See **GRADUATION, A10**

ONLY IN THE VILLAGES

By Veronica Wernicke

When Sharon Howard and Lt. Mike Ross pass each other at the Sumter County Sheriff's Office, they ask each other and themselves, "Where are you on your ladder?"

The ladder is a poster composed of 18 rungs, each labeled with an emotion, and is a visual reminder for law enforcement officers and their staff to constantly check in with themselves and others at their department.

Thanks to a training program started and run by two Villagers, Linda Webb and Randy Friedman, officers across the country are checking in more frequently on their own

Please See **TRAINING, A10**

EXPLORE & EXPERIENCE

OUT & ABOUT IN THE VILLAGES

Try This Today: Anyone With an Interest in Swimming Can Join VAST

Whether you're a swimming savant or just like to splash around, The Villages Aquatic Swim Team has a spot for you. For more than 20 years, VAST has helped Villagers refine their swimming skills for personal improvement or competition, like Charlene Myszewski, at right, who is a VAST member who has competed in the Florida Senior Games. VAST offers 10 coached workouts weekly at three sports pools — Mulberry Grove, Rohan and Ezell — with certified U.S. Masters Swimming instructors. For more information, visit vastswim.com.

—Greg Hughes, Daily Sun



Bill Mitchell | Daily Sun

IN ENTERTAINMENT

Have Fun With A Trivia Night at Mystic Ice Cream
Find out more, **D1**

Plus: Find the lineup of entertainment at the town squares, theaters and beyond, **D3**

AT RECREATION CENTERS

Happening near you: From aqua aerobics to Zumba and everything in between, there's fun for everyone, **D4-5**

LOVIN' THE LIFESTYLE

Plan your perfect day in The Villages, **D1**

Recipes	D1
Comics	D6
Puzzles	D7-8
Horoscope	D9
TV Guide	D10
Advice	D11



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