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## Endorsement: Maxwell Frost, Jennifer Adams best suit the needs of their congressional districts



Maxwell Alejandro Frost and Jennifer Adams (handout pictures)

Handout



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Today, we offer our endorsements in two Central Florida races, both featuring freshmen representatives who drew a lot of attention during their first campaigns in 2022 — one for all the right reasons and one ... well, not.

Two years later, the difference between them is even starker.

### U.S. House District 10: Maxwell Alejandro Frost

When people meet Maxwell Alejandro Frost for the first time, they understand why so many Central Florida voters expected great things from him. But nobody expected this much, this fast. At times, the nation's youngest member of Congress (who will be 28 when he stands for re-election in November) is moving so fast he's a blur — barnstorming purple-state campuses to support Kamala Harris and Tim Walz; appearing on national television to decry gun violence or blast a state agency's tax-dollar funded campaign against a constitutional amendment protecting abortion; grabbing a prime-time spot at the Democratic National Convention. This weekend, he's headlining the annual gala for the Miami-Dade Democrats, a spot that is usually claimed by a national figure.

Yet nobody can accuse Frost of forgetting where he's from. Recently, he hosted a town hall and resource fair for seniors in east Orlando; he's also stood with union workers in Central Florida last week. The day after he appeared at the DNC, Frost posted a milestone on Instagram: "We just solved our 3,000th case!" he boasted, talking about constituent services in District 10 that include help navigating the federal bureaucracy for Social Security, passports and other services. His congressional staff has also hit the 100,000 mark for responses to voters who contact his office.



It's clear: Frost is no partisan flash in the pan. He's a Congressman who takes his responsibilities seriously and works hard to help those who really need it. He has vowed to keep pushing to expand Medicare (to cover more services) and Medicaid (to cover more people.) And he's working across the aisle on Floridians' priorities, working with one of the state's most tenured officials, Republican Dan Webster, to pass hurricane-preparedness legislation that was wrapped into a larger bill.

Sending him back to Washington may be one of the easiest calls District 10 voters have on the November ballot. His Republican opponent, Willie Montague, made a decent case for himself in the primary, but his campaign seems increasingly distracted by delusional claims being pushed by the Trump camp, and intent on taking cheap shots at Frost rather than confronting him on the real issues facing local residents.



Frost is young, yes, and his youth put him into the spotlight. But over the past two years, he's proven himself capable, influential and mature in all the ways that make him the best choice for District 10.

### **U.S. House District 7: Jennifer Adams**

Like Frost, U.S. Rep. Cory Mills is in his first term. Unlike Frost, residents of District 7 don't have much to show from his service beyond a handful of self-aggrandizing social media posts.

They can fix that in November, by replacing him with Democrat Jennifer Adams. Adams — who bested two other candidates in the primary — is the kind of moderate, goal-focused advocate who can be relied upon to put her constituents' interests over a hunger for controversial headlines. She's full-throated in her support for reproductive freedom and voters' rights, the easy targets for Democrats. But her true value manifests when she digs down into policy, demonstrating a grounded understanding of threats facing District 7 families, such as the lack of affordable housing and access to health insurance.

She can also be relied on to work toward bringing home the tax dollars needed to meet some of District 7's greatest needs. That, again, puts her in sharp contrast to Mills, who proposed only \$9 million in local projects for 2024. According to the official site govtrack.us, that's about one-quarter of the median amount requested by all House members. Mills seems to forget that this money represents tax revenue collected from residents of Seminole County, who don't deserve to watch it flow to other communities.

We're not going to mention Mills' threats to tear-gas journalists — oh wait, yes we are. We take that one somewhat personally, but here's reality: Anyone who jokes about hitting groups of people with chemical weapons just because they disagree with him? That person's not fit to serve in Congress.

This district used to have pragmatic leadership that transcended party when it came to local priorities, from Republican John Mica and then Democrat Stephanie Murphy. Unfortunately, Mill has replaced pragmatism with shrill hyperpartisanship.

Fortunately, Jennifer Adams looks ready, willing and able to avoid Mills' embarrassing gaffes, and pick up the slack he's left in local representation. She's clearly the better choice.

*We urge voters to not rely solely on our opinions in deciding how to cast a vote. Voters should check the candidates' campaign websites and social media accounts (if they don't have either, that should be a red flag). Ask friends and neighbors what they think. Google the candidates and check out their campaign finances. In addition, we've recorded our interviews and posted them in full at [OrlandoSentinel.com/opinion](https://www.orlandosentinel.com/opinion).*

*Election endorsements are the opinion of the Orlando Sentinel Editorial Board, which consists of Opinion Editor Kryz Fluker, Insight Editor Jay Reddick and Editor-in-Chief Julie Anderson. Send emails to [insight@orlandosentinel.com](mailto:insight@orlandosentinel.com).*

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