

SPRINGTOWN HIGH SCHOOL

2022



May 26, 2022

A Special Supplement to
the Springtown Epigraph



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Sarah Kinnard
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LOBBY: Monday - Thursday 9:00 a.m. to 4:00 p.m. Friday 9:00 a.m. to 6:00 p.m.
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Taylor Aaron



Hayleigh Akins



Bailey Allen



Brittney Altamirano



Camdon Alvarez



Seth Appell



Marleigh Applebee



Aminah Arshad



William Avery



Brooke Bailey



Haley Bandy



Marco Barrera



Ethan Barrick



Erick Barroso



Zane Bell



Althea Belyeu



Jesus Bencomo



Nicole Bethard

Taylor Aaron
Taylor is the daughter of Kelly Aaron. She participated in rodeo, as a library aide and with training horses. Her favorite teachers at SHS were Coach Legan and Ashley Gilley, and her favorite subject was math. After graduation, she plans to attend Weatherford College and then Tarleton State University, and some day wants to be a veterinarian who breaks colts.

Brooke Bailey
Brooke is the daughter of

Bobby and Jennifer Bailey. She participated in PAL and the prom committee. In sports, she was the captain of the varsity cheerleading team, and she participated in varsity track and All-Star competition cheerleading. She was a six-time All-American cheerleader. Her favorite teachers at SHS were Coach Tye Adams and Bill Archibald, and her favorite subject was health science. After graduation, she plans to attend Stephen F. Austin State University and be on the cheerleading team there. She

plans to study communication sciences and disorders.

Marco A. Barrera
Marco is the son of Brenda and Jose Barrera. He participated in basketball and baseball, and he was on the All-District second team for basketball. His favorite teacher at SHS was Mrs. Lance, and his favorite subject was geometry. After graduation, he plans to attend Tarleton State University to major in business.

Zane Bell
Zane is the son of Courtney Moody and Todd Casey. He participated in basketball. His favorite teacher at SHS was Mrs. Sexton, and his favorite subject was math. After graduation, he plans to go straight into the workforce.

Cheyenne Bird
Cheyanne is the daughter of Crystal Bird and David Bird. She participated in the culinary organization and basketball. Her

favorite teacher at SHS was Mrs. Thompson in math, and her favorite subject was culinary. After graduation, she plans to attend college to become an ED teacher.

Cody Brackeen
Cody is the son of James Brackeen. He participated in football, wrestling, powerlifting, and track and field. His favorite teacher at SHS was Coach Alexander, and his favorite subject was college pre math. After graduation, he plans

to attend Southwest Baptist University.

Callin Brumback
Callin is the son of Shane Brumback and Selena Brumback. He participated in band, particularly marching band. His favorite teacher at SHS was Scot McPhetridge. After graduation, he plans to attend college.

Layla Bryson
Layla is the daughter of Vanessa

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Summer

You are about to embark upon the next chapter of your life. We couldn't be more excited for you or prouder of everything you've accomplished. As you go off to college, remember to enjoy the journey, make amazing memories, and always keep God first in everything you do.

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Dad, Mom and Kallie

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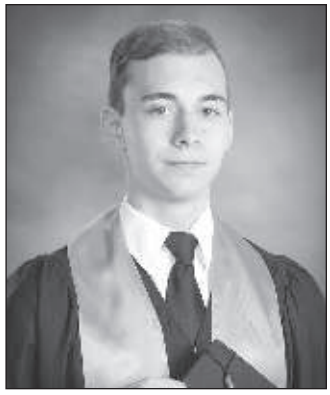
Cody Brackeen



Megan Brooks



Carson Brown



Callin Brumback



Layla Bryson



Andrew Buntin



Constance Burgess



Melanie Cabral



Skyler Caley



Collin Carter



Emmanuel Castillo



Kolby Castor



Myra Castro



Bijou Cates



Kelsie Chesney



John Clymer



Caitlyn Coleman

Bryson. She participated in theatre arts and was the Thespian vice president for two years. Her favorite teacher at SHS was Rebecca Phillips, and her favorite subject was theatre productions. After graduation, she plans to attend college and major in music business.

Andrew Buntin

Andrew is the son of Thomas and Minerva Buntin. He participated in culinary arts. His favorite teacher at SHS was Carla Kerske, and his favorite subject was culinary. After graduation,

he plans to work.

Constance Burgess

Constance is the daughter of Brian Burgess and Burry Burgess. Her favorite teacher at SHS was Carla Kerske, and her favorite subject was math. After graduation, she plans to attend Weatherford College and study early childhood.

Collin Carter

Collin is the son of Weldon Carter and Jennifer Carter. He participated in the SHS fishing

team and Springtown FFA. He fished and showed animals. His favorite teacher at SHS was Mrs. Iron, and his favorite subject was government. After graduation, he plans to go to work and make some money.

Emmanuel Castillo

Emmanuel is the son of Lucila Castillo. He participated in football and soccer. His favorite teacher at SHS was Coach Moline, and his favorite subject was government. After graduation, he plans to go to Weatherford to get his degree

in banking and accounting.

Kolby Castor

Kolby is the son of Kent Castor and Kolby Castor. He participated in soccer. His favorite teacher at SHS was Mr. Beaty, and his favorite subject was history. After graduation, he plans to go into HVAC.

Bijou Cates

Bijou is the daughter of Sienna Cates. She participated in varsity dance for all four years. Her favorite teacher at SHS was

Coach Horton, and her favorite subject was government. After graduation, she plans to go to college in Colorado at Fort Lewis.

Kelsie Chesney

Kelsie is the daughter of Holly and Kelly Chesney. She participated in cosmetology. Her favorite teacher at SHS was Lily Sexton, and her favorite subject was government. After graduation, she plans to go to college.

John Korbin Clymer

John is the son of Jennifer Allen and Kevin Clymer. He participated in the rodeo team and football. He also trained horses. His favorite teachers at SHS were Julie Gum, Ashley Gilley and Carla Kerske, and his favorite class period was lunch. After graduation, he plans to go to Lincoln Technical School for welding.

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Congratulations Class of 2022


You've kept your eyes on the prize and now your day has arrived. As you receive your diploma, know that everyone here is very proud of you. We look forward to seeing you accomplish great things in the future.




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Railey Druyman



Brooke Bailey

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Matthew Barnes



Mary Grazer



Elissa Hentschel



Camryn Hinkle




Rylee Willis




Jacob Power

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Summer Conway



Emerson Coomer



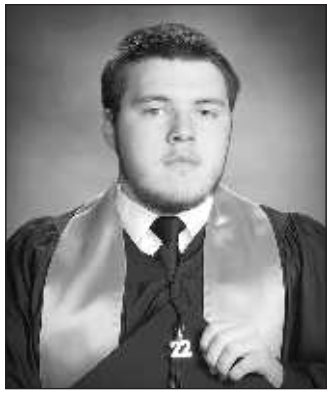
Morgan Cox



Nia Cox



Amarissa Crews



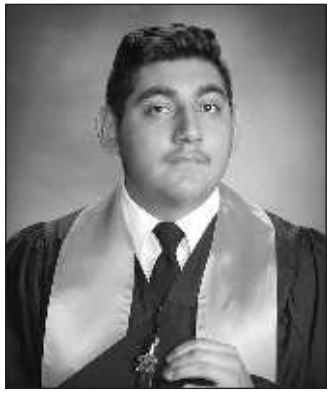
Callum Dake



Jeremiah Dake



Matthew De La Cruz



Jimmy Delgado



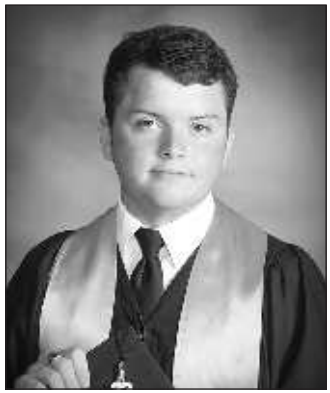
Jayme Dery



Briana Devlin



Christian Castillo Diaz



Collin Diaz



Hollie Dixon



Audiannah-Janae Domingo



Railey Druyman



Cody Duncan



Krystal Duran

Summer Conway

Summer is the daughter of Brandon and Sha Conway. She participated in Springtown FFA, where she was the parliamentarian, treasurer and president. In FFA, she won the Star Greenhand Award, Senior Sheep Feeder Award, Lone Star Degree, 2021 PCLIA Master Showman and vocational student of the month. She was in National Honor Society as a junior and senior representative. In sports, she played volleyball and softball. In softball, she

was a three-year letterman, and her team was the bi-district champion and area qualifier. Her favorite teacher at SHS was Mrs. Hornback, and her favorite subject was math. After graduation, she plans to attend Texas A&M University and study business administration.

Nia Cox

Nia is the daughter of Charles and Nana Cox. She participated in National Honor Society as a senior representative, along with PAL, TAFE and TFME. She

was also in band as a squad leader and section leader. Her favorite teacher at SHS was Mr. Mac, and her favorite subject was dual biology. After graduation, she plans to attend Weatherford College and study nursing.

Morgan Cox

Morgan is the daughter of Cyndy Cox and David Cox. She participated in FFA, FCA, band, color guard and aviation academy where she was the aviation ambassador. In FFA,

she was involved as an officer and student advisor, PR and Radio LDE, vet med/tech CDE-fourth in the district and vet practicum. Her favorite teacher at SHS was Mrs. Hornback, and her favorite subjects were animal science and dual biology. After graduation, she plans to attend Tarleton State University for a bachelor's degree in animal science/pre-veterinarian, and then attend Texas A&M University for veterinarian school.

Collin Diaz

Collin is the son of Nikki and Lupe Diaz. He participated in the tech club and student council, and he served as the senior class president. His favorite teacher at SHS was Mrs. Taylor, and his favorite subject was AVP. After graduation, he plans to go to college for business.

Hollie Dixon

Hollie is the daughter of Connie Cruz. Her favorite teacher at SHS was Coach Hunt,

and her favorite subject was health science theory. After graduation, she plans to go to college, PtA School.

Audiannah Domingo

Audiannah is the daughter of Johanna and Faustino Domingo. She participated in track and field. Her favorite teacher at SHS was Mrs. McGonigle, and her favorite subject was business management. After graduation, she plans to attend college online.

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Cherish This Moment

 Brooke Bailey	 Summer Conway	 Katelyn Flanegin
 William Gleason	 Peyton Grubis	 Skylar Holland
 Raleigh Mears	 Maci Patterson	 Lane Smith
 Shane Reddy	 Colin Tidwell	

When you reflect back on your graduation, you'll treasure the great friends and wonderful memories you've made along the way.

Congratulations!

Class of 2022

Congratulations, graduates!

Class of 2022

 Brooke Bailey	 Collin Carter	 Kolby Castor	 Summer Conway
 Railey Druyman	 Ashleigh Dysart	 Haley Fox	 Abigail Graham
 Hunter Harrell	 Matthew Lockard	 Landree Merriman	 Juan Najera
 Emma Nichols	 Jacob Power	 Kormauri Roberts	 Lane Smith
 Sydney Wade			

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Ashleigh Dysart



Aerial Easley



Emily Easterwood



Layce Easterwood



Karmin Edgar



Andrea Estrada



Cody Fanner



Rachel Farnsworth



Mason Ferrara



Legend Fishgrab



Katelyn Flanegin



Aracely Gonzalez Flores



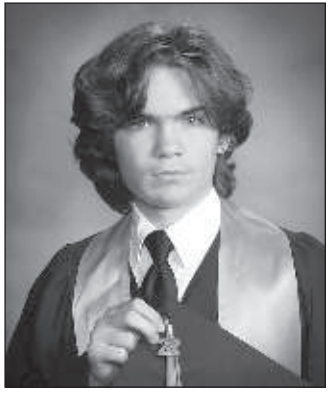
Madison Folbre



Haley Fox



Caleb Freeman



Thomas Frost



Madysen Fry



Dylan Gille

Railey Druyman

Railey is the daughter of Chad and Cassandra Tedder. She participated in PAL, volleyball and volunteer work to coach and referee at the Springtown Lions

Club. In volleyball, she lettered during her freshman year and was a varsity starter. She was the newcomer of the year and earned all area. As a junior, she received Captain of the Year and MVP hitter. While a senior,

she earned MVP server and broke the record for career and season kills, setting a career record of 1,583. During all four years of high school, she made first team All District and received TGCA All State.


Her favorite teachers at SHS were Coach Strickland and Mrs. Gilley, and her favorite class periods were PAL and lunch. After graduation, she plans to attend Park University in Gilbert, Arizona, where she will continue

her volleyball career and study physical therapy.

Ashleigh Dysart

Ashleigh is the daughter of Lonnie and James Dysart. She

participated in art and soccer. Her favorite teacher at SHS was Ms. Hopkins, and her favorite subject was math.



YOU DID IT!

Congratulations to our Class of 2022 graduates! May you continue to achieve great success in all of your future endeavors.

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 Daniel Gomez PEASTER HIGH SCHOOL	 Erin Hall SPRINGTOWN HIGH SCHOOL	 Autumn Hays BOYD HIGH SCHOOL	 Kylie Hays BOYD HIGH SCHOOL
 Doss Haugen CROSS TIMBERS ACADEMY	 Tyce Lambert PERRIN HIGH SCHOOL	 Jackson Littlepage BENBROOK HIGH SCHOOL	 Hailey Madsen PARADISE HIGH SCHOOL
 Dustin Meadows PARADISE HIGH SCHOOL	 Cade Pearson PARADISE HIGH SCHOOL	 Macy Pennington PEASTER HIGH SCHOOL	 Rudy Saldivar WEATHERFORD HIGH SCHOOL

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Congratulations Class of 2022!

Your day has arrived, best wishes to each and every one of you!



Summer Conway Emerson Coomer Brooke O'Quinn



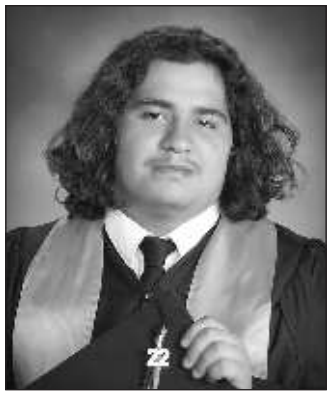
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William Gleason



Marcos Gomez



Emily Gonzales-Meza



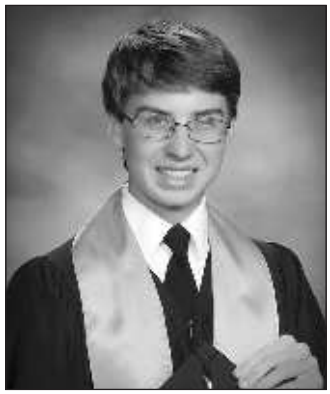
Abigail Graham



Matthew Graham



Mary Grazer



Peyton Grubis



Lani Guerra



Tritan Hair



Emily Haley



Chloe Hall



Erin Hall



Ashton Halyard



Brook Happel



Hunter Harrell



Colton Hasty



Wyatt Hasty



Keegan Hayes

Cody Duncan

Cody is the son of Raymond and Christie Duncan. He participated in welding. His favorite teacher at SHS was Mr. Young, and his favorite subject was the welding class. After graduation, he plans to go to welding school.

Emily Easterwood

Emily is the daughter of Christy Easterwood. She participated in band, and she was a four-year Honors Band Student.

As a sophomore, she was the trombone squad leader. As a junior, she was the trombone section leader and made ATSSB All-State Band. As a senior, she was the head drum major. Her favorite teacher at SHS was Mr. Mac (Director of Bands Scot McPhetrige), and her favorite subject was band. After graduation, she plans to attend Tyler Junior College for music education.

Layce Easterwood

Layce is the daughter of Christy Easterwood. She participated in culinary arts, honors band, and jazz band, and she was a library aide. Her favorite teacher at SHS was Ashley Gilley, and her favorite subject was English. After graduation, she plans to move to Missouri and go to culinary school in a couple years.

Andrea Estrada

Andrea is the daughter of Kristen Estrada and Adrian Estrada. In ninth grade, she participated in choir. In 11th grade, she was in tennis and cosmetology. In the 12th grade, she continued cosmetology. Her favorite teacher at SHS was Mrs. Bohannon, and her favorite subject was chemistry and cosmetology. After graduation, she plans to go to Weatherford College.

Maddison Flanegin

Maddison is the daughter of Lee Flanegin and Michelle Flanegin. She participated in the Sound of Springtown Band. Her favorite teacher at SHS was Mrs. Kerske, and her favorite subject was band. After graduation, she plans to go straight to work.

Madison Folbre

Madison is the daughter of Caitlyn Joblon. Her favorite

teacher at SHS was Mrs. Sexton, and her favorite subject was math. After graduation, she plans to go to college and study mass communications.

Haley Fox

Haley is the daughter of Shelley and Chris Fox. She participated in cheerleading and basketball. She was also a UCA All-American for cheer. Her favorite teacher at SHS was Mrs. Kerske, and her favorite subject was math.

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Krystal Duran

Jake Manning

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Jade Zeigler

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 Dr. Jamie Greenberg PT, DPT
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Kyla Thomas

Katie Young

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Garrett Haymes



Elissa Hentschel



Adan Hernandez



Christian Hernandez



Karina Hernandez



Skylar Holland



Jonathan Hoselton



Christian Huff



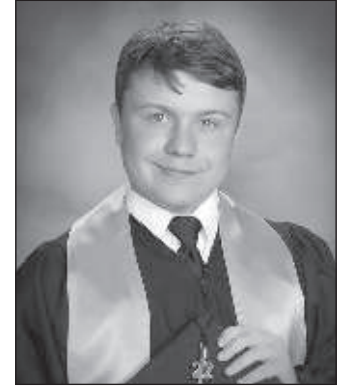
Ethan Jackson



Brooklyn Jarvis



Katherine Johnson



Colton Jones



Dawson Jones



Hailey Juarez



Trayton Kaufhold



Trinity Keese



Amos King



Sarah Kinnard

After graduation, she plans to attend Weatherford College.

Caleb Freeman

Caleb is the son of Amber Duffield and Jake Duffield. He participated in football, baseball and track. His favorite teacher at SHS was Mrs. Sexton, and his favorite subject was English. After graduation, he plans to attend trade school.

Madysen Paige Fry

Madysen is the daughter of Charles and Jennifer Fry. She participated in Spanish Club for two years, marching band for four years, concert band for four years, Lincoln Douglas Debate for four years and National Honor Society. She was a three-

time state finalist in marching band, and she had perfect attendance for all four years of high school. In athletics, she was in track for four years, in which she advanced to area in 4x100 relay in her freshman year, advanced to regionals in long jump, 4x100 relay and 200 meter in her junior year and advanced to regionals in 4x100 relay and 4x200 in her senior year. She also ran 100-meter, 200-meter, 300-meter hurdles and long jump in her senior year. She also played varsity soccer for four years and advanced to first round playoffs during her freshman and senior years. Her favorite teacher at SHS was Mr. Northrup, and her favorite subject was honors chemistry. After graduation, she plans to

attend University of North Texas to major in broadcast journalism and then go to law school.

Gabby Garcia

Gabby is the daughter of Laura Garcia and Joe Garcia. Her favorite teacher at SHS was Mrs. Kerske, and her favorite subject was world geography. After graduation, she plans to pursue a degree in business.

Payton Grubis

Payton is the son of Toby and Christal. His favorite teacher at SHS was Mrs. Kerske, and his favorite subject was algebra. After graduation, he plans to attend Weatherford College for a business degree and to be in the welding program there.

Tritan Hair

Tritan is the son of Tim Hair and Renee Gleason. His favorite teacher at SHS was Mrs. Adams. After graduation, he plans to work.

Chloe Hall

Chloe is the daughter of Mathew Hill and Rebecka Hall. Her favorite teacher at SHS was Mrs. Kerske, and her favorite subject was English. After graduation, she plans to take a leap year and just work.

Erin Hall

Erin is the daughter of Pat and Lisa Hall. She participated in FCCLA, band, student council, Spanish Club, National

BIJOU
Words could never express what you have meant to my life, thanks for letting me be a part of this journey with you.
Love, Mom.

Brooke
We can't believe what an amazing all-around young lady you have become - we are so lucky! There is no limit how far you will go in life!
Love, Mom & Dad

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Class of 2022

Jacob Power
SPRINGTOWN

Daren Leatherwood
SPRINGTOWN

Hollie Dixon
SPRINGTOWN

We are so proud of you. You've accomplished so much already, keep up the good work and best of luck with your future endeavors!

conGRADulations! CLASS OF 2022

Raleigh Mears
SPRINGTOWN

Phelo Rodgers
SPRINGTOWN

Kael Winstead
CROSSROADS ACADEMY

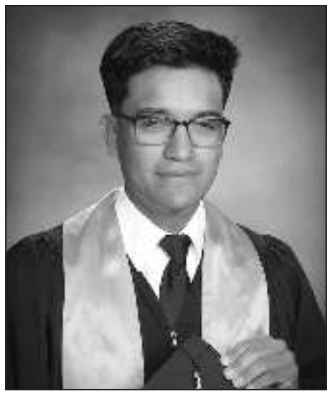
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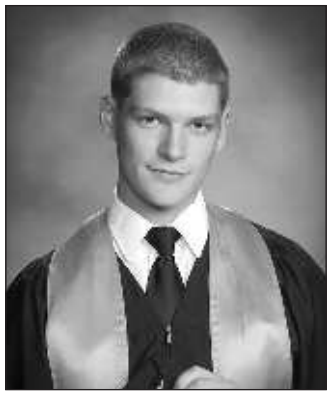
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Kenneth Lambert



Bryan Landaverde



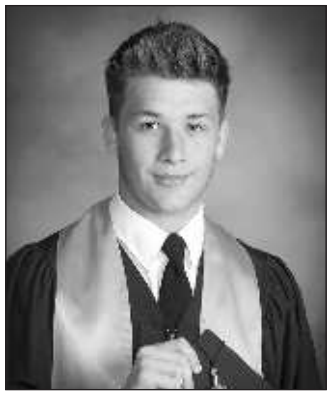
Ezekiel Langley



Devin Larrison



Kersyn Leaan



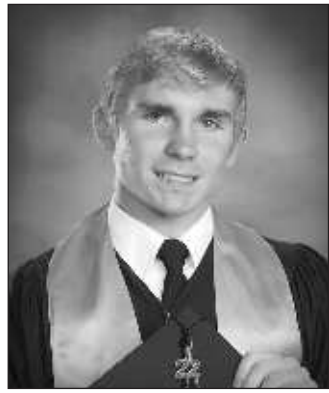
Daren Leatherwood



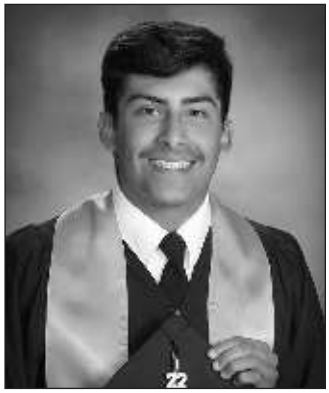
Elizabeth Lew



Danae Littleton



Matthew Lockard



Seth Lopez



Lesli Luevanos



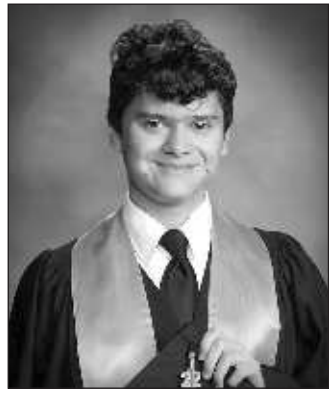
Hana Luna



Abigail Ly



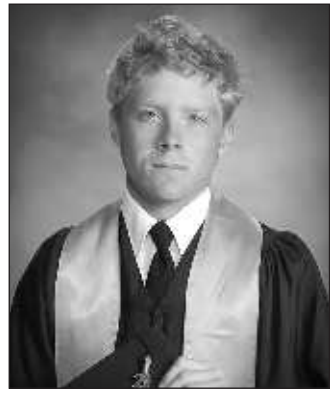
Daniel Macias



Joshua Maki



Caleena Malpass



Jake Manning



Aiden Martin

Honor Society, track and field, powerlifting, tennis and volleyball. In FCCLA, she was the chapter secretary, national silver medalist and two-time state champion. In band, she was the French horn section leader, two-time state marching band finalist and band council secretary. She was the student body president and three-time vice president for her class. In track and field, she was the 100-meter district champion and discus district champion. For powerlifting, she was on the state champion team, a three-time regional qualifier and two-

time regional medalist. She was also a district quarterfinalist for tennis. Her favorite teacher at SHS was Mrs. Mitchell, and her favorite subject was English. After graduation, she plans to attend Texas Woman's University in Denton and study child development through the pre-physical therapy track.

Hunter Harrell

Hunter is the son of Jaimie and Dana Harrell. He participated in his church youth group, Catalyst. His favorite teacher at SHS was Mr. Ross Beaty,

and his favorite subject was welding. After graduation, he is undecided on his future.

Cristian Hernandez

Cristian is the son of Marco and Elizabeth Hernandez. He participated in National Honor Society, football and baseball. In football, he was the All District long snapper. In baseball, he was on All District second team as a catcher as a freshman and first team All District as a pitcher in his junior year. He was also previously named Young Texan of the month by

the Springtown Optimist Club. His favorite teacher at SHS was Mrs. Hornback, and his favorite subject was algebra. After graduation, he plans to attend college to study kinesiology.

Karina Hernandez

Karina is the daughter of Susana and Fernando Hernandez. She participated in color guard, TAFE, Spanish Club and cosmetology. Her favorite teachers at SHS were Paige Hopkins and Erin Lance, and her favorite subject was English. After graduation, she plans to

attend the University of North Texas to study Spanish and earn a teaching certification.

Ethan Jackson

Ethan is the son of Olen and Jackie Jackson. He participated in baseball and powerlifting, the latter of which he was a two-time regional qualifier. His favorite teacher at SHS was Ms. Kerske, and his favorite subject was government. After graduation, he plans to work before attending technical school to become a diesel mechanic.

Katharine Johnson

Katharine is the daughter of Stacy and Eric Johnson. She participated in color guard, debate and academic UIL. In color guard, she was the first lieutenant during her senior year. She also took dual credit courses to get her associate's degree. Her favorite teacher at SHS was Mrs. Hornback, and her favorite subject was history. After graduation, she plans to attend the University of North Texas for a social science degree.

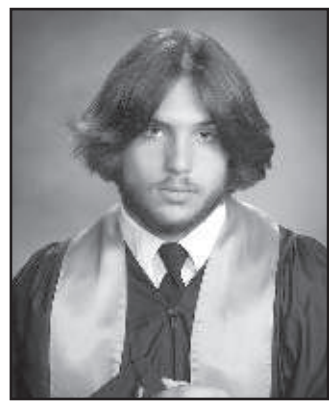
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Carson Brown



Layla Bryson



Melanie Cabral-Arellano



Audiannah-Janae Domingo



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Adam Martinez



Joshua Moore



Maci Patterson



Juan Ramirez



Jake Wade

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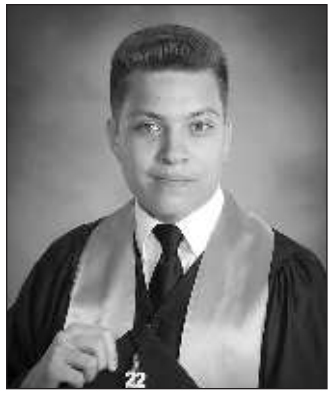
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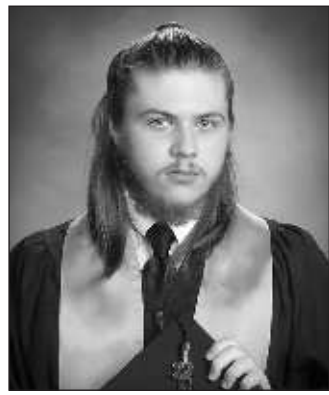
Julie Matlock



Dylan Matthiesen



Makenzie McCoy



Xander McQueen



Riley Mears



Samantha Melton



Michael Merrill



Landree Merriman

Dawson Jones

Dawson is the son of Mike and Kelly Jones. He participated in football, in which he was named All Parker County Defensive MVP, first team All District in defense and Springtown Football Defensive MVP. His favorite teacher at SHS was Mrs. Mitchell in English, and his favorite subject was biology. After graduation, he plans to

attend Blinn College and Texas A&M University.

Amos King

Amos is the son of Charles King and Amanda King. His favorite teacher at SHS was Mrs. Martinez, and his favorite subject was science.

Sarah Kinnard

Sarah is the daughter of Ronda Skinner and Michael Reed. For varying periods during her time in school, she participated in Business Professionals of America (BPA), Upward Bound, Phi Theta Kappa, National Honor Society, Tech Club, theater and UIL for number sense, math and literary criticism. She was in BPA from 10th to 12th grade



Joshua Moore



David Morales



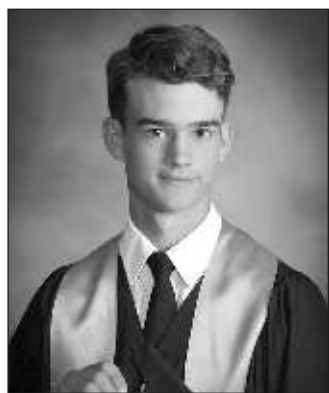
Roberto Moreno



Sage Morfin



Christopher Morgan



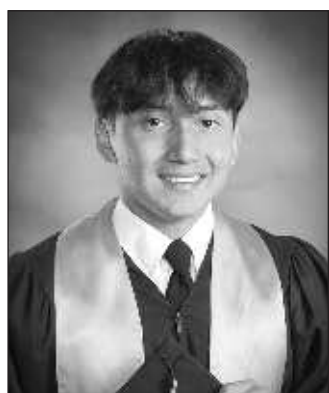
Mason Morgan



Daniela Munoz



Gabriela Munoz



Bryan Murillo

Congratulations

to my beautiful Granddaughter, Erin Hall!



How wonderful it has been to watch you grow into the beautiful and gracious young woman you are!

Love you!
Nana Tootie

Comet

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Jonah Nadeau



Juan Najera



Jessica Nehring



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James Newman



Emma Nichols



Michelle Noriega



Kylee Northrup



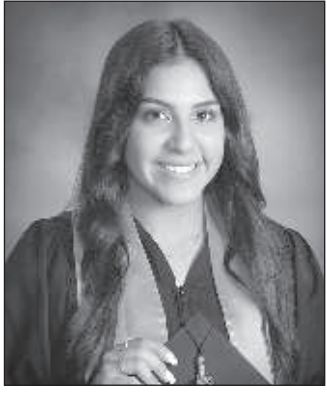
Brooke O'Quinn



Cole Odell



Ka Aliyah Odom



Angela Pando



Caydence Parker



Phoebe Passmore



Maci Patterson



Macey Payne



Erikson Perdomo

and served as the vice president in her junior year and secretary for her senior year. She was also the entrepreneurship state qualifier in BPA. In Tech Club, she was the secretary/notebook manager in her junior and senior years. In theater, she was the stage manager for three productions in her senior year and earned All Star Technician at the district One-Act Play contest. Her favorite subject was English and Spanish. After graduation, she plans to major in international relations and Middle Eastern and Islamic studies at Colgate University in Hamilton, New York.

Nathan Lala

Nathan is the son of Jenifer Perkman. He participated in football and basketball. His favorite teacher at SHS was all of his teachers, and his favorite subject was welding, among others, and hanging out with friends at school. After graduation, he plans to start his job.

Karsyn Leach

Karsyn is the daughter of Andrea Leach and Sean Leach. She participated in choir. Her favorite subject was culinary. After graduation, she plans to go straight into the workforce.

Elizabeth Lew

Elizabeth is the daughter of Liz and Robert Lew. Her favorite teacher at SHS was Mrs. Horton, and her favorite subject was debate. After graduation, she plans to study nursing.

Danae Littleton

Danae is the daughter of Dawn Littleton. She was involved in TAFE, serving as the historian officer, and was in choir and IPEC. She participated as a flag runner. Her favorite teacher was Mrs. Adams and her favorite subject was biology. After graduation, she plans to open a salon and will go to cosmetology school.

Matthew Lockard

Matthew is the son of Mike Lockard. He participated in football, baseball, basketball and track. His favorite teacher was Mrs. CPR and his favorite subject was athletics. He plans to attend Southwest Baptist University and earn a sports business degree.


Hana Luna

Hana is the daughter of Christina Smith. She was involved in FCCLA her freshman and sophomore years, FFA for four years, Spanish Club her freshman year and floral design for two years. Her favorite teacher is Erin Lance. Her favorite subjects were science and biology. After graduation, she plans to work and to follow her interests until she finds what she wants to do.

Abigail Ly

Abigail is the daughter of Bee Ly and Heather Ly. She

Class of 2022

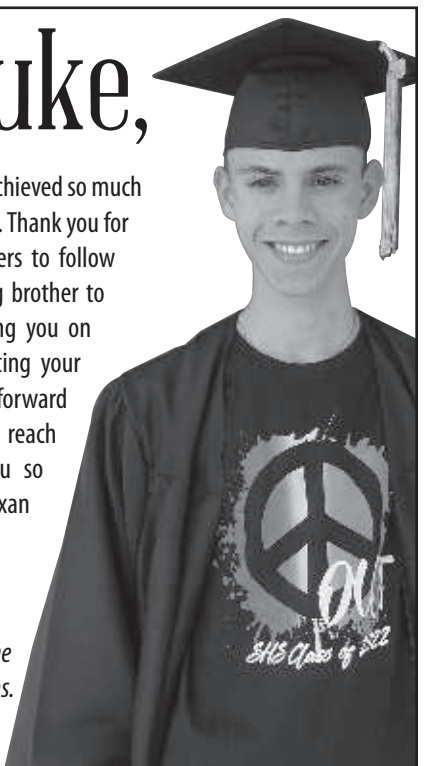


Asher Luke,

We are so proud of you. You have achieved so much and made our job easy as parents. Thank you for being a great example for others to follow and for being such a good big brother to Eli. We have enjoyed cheering you on over the years and celebrating your accomplishments. We look forward to watching you set and reach new goals. We love you so much Asher! #FavoriteTexan

Love, Mom and Dad

Commit to the Lord whatever you do, and he will establish your plans. Proverbs 16:3



Shane,

We are so proud of the young man you have become.

Love, Mom and Dad




Hats off to you, graduates, as you celebrate a fine achievement. A world of opportunity awaits, and we wish you happiness and success in all that you do. Thanks for making us proud!



Caitlyn Coleman Emily Easterwood Layce Easterwood William Gleason
 Dylan Matthiessen Macy Payne Asher Thetford Shane Reddy

Congratulations
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Marlen Plascencia



Edward Power



Jacob Power



Juan Ramirez



Kimberly Ramirez



Moses Rayos



Shane Reddy



Molly Reed



Zoie Richardson



Nolan Roark



Hannah Roberson



Kormauri Roberts



Rafael Robledo



Phelo Rodgers

was the TAFE vice president and was a two-year varsity cheerleader and was a two-time All-American Cheerleader. Her favorite teacher was Mrs. Sexton and her favorite class was instructional practices. She plans to attend Texas Tech or Cisco College and major in education.

Daniel Macias

Daniel is the son of Isaias Macias and Rosa Macias. He was involved in NHS and was a Young Texan of the Month. He participated in football and powerlifting. His favorite teacher was Norma Gonzales. His favorite subject was advanced animal science. After graduation, he plans to work and attend trade school.

Jake Manning

Jake is the son of Jon and Shelly Manning. He was involved in FFA. His favorite teacher was Mr. Pearson. His favorite subject was his ag classes. After graduation, he plans to attend Western Welding Academy in Wyoming.

Emma Martinez

Emma is the daughter of Amanda and Craig Crowley. She participated in volleyball, for which she earned First Team All-District, Honorable Mention and Academic All-District. Her favorite teacher was Mr. Walker. After graduation, she plans to attend college.

Xander McQueen

Xander is the son of Gina Robinson. His favorite teacher

was Mrs. Haugen. His favorite subject was reading. After graduation, he plans to enter the military.

Raleigh Mears

Raleigh is the daughter of Nealla and Jason Mears and Rhonda Moreau. She was involved in cosmetology. Her favorite teacher was Larynn Mitchell. Her favorite subject was science. After graduation, she plans to attend Weatherford College to continue working toward her associate degree.

Samantha Melton

Samantha is the daughter of Ginger Melton and Jimmie Melton. She was an athletic trainer. Her favorite teacher was Erin Lance and her favorite subject was biology. After graduation, she plans to attend Weatherford College.

Michael Merrill

Michael is son of Glen Merrill and Shannon Merrill. He was involved in choir and theater and was a bass section leader. His favorite teacher was Ms. Phillips. His favorite subject was choir and theater. After graduation, he plans to attend college.

Landree Merriman

Landree is the daughter of Amber and Shawn Merriman. She was involved in education and training. She played varsity volleyball. Her favorite teacher was Ashley Gilley. Her favorite subject was education and training. After graduation, she plans to attend college.

Joshua Moore

Joshua is the son of Jed and Jenni Moore. His favorite teacher was Mr. Beaty and Ms. Kerske. His favorite subject was history. After graduation, he plans to join the U.S. Navy.

David Morales

David is the son of Sherry Yarnell. His favorite teacher was Ms. McMillion. His favorite subject was culinary. After graduation, he plans to continue his job to save money for college.

Gage Morfin

Gage is the son of Angela Morfin and Peter Morfin. He was involved in band and audio video production. His favorite teachers were every teacher he

had. His favorite subject was government. After graduation, he plans to take a year-long break.

C.J. Morgan

C.J. is the son of Christina Morgan and Kenneth Morgan. He participated in football. His favorite teacher was coach Cooper. His favorite subject was history. After graduation, he plans to attend college.

Mason Morgan

Mason is the son of Angela Monk. He participated in football, track and tennis. His favorite teacher was coach Legan. His favorite subject was math. After graduation, he plans to attend college and major in

computer engineering.

Zarai Neri

Zarai is the daughter of Denise Neri and Arturo Neri. She was involved with the SHS Showstoppers dance team. She participated in dance, tracker and cross-country. Her favorite teachers were Ms. Horton and Ms. Kerske. Her favorite subject was math. After graduation, she plans to attend Weatherford College.

James Newman

James is the son of Denise Turner and Justin Turner. He was involved in varsity choir and welding. His favorite teacher was Mrs. Kerske. His favorite subject was world history. After

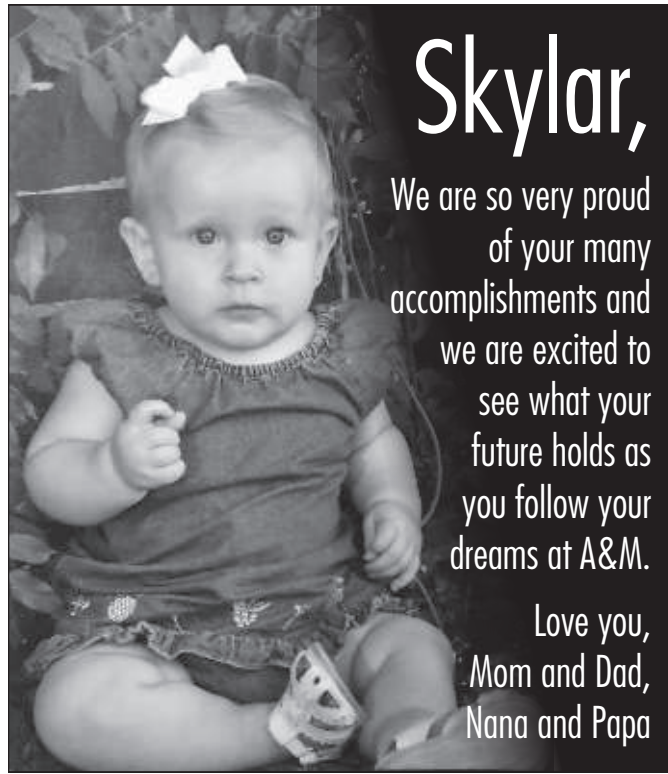
graduation, he plans to join the Marine Corps.

Emma Nichols

Emma is the daughter of Mandy Nichols and Ryan Nichols. She was involved in FFA and PALs. She participated in track and field (varsity), volleyball and softball. Her favorite teacher was Mrs. Hornback. Her favorite subject was biology. After graduation, she plans to study elementary education at Grand Canyon University.

Maci Patterson

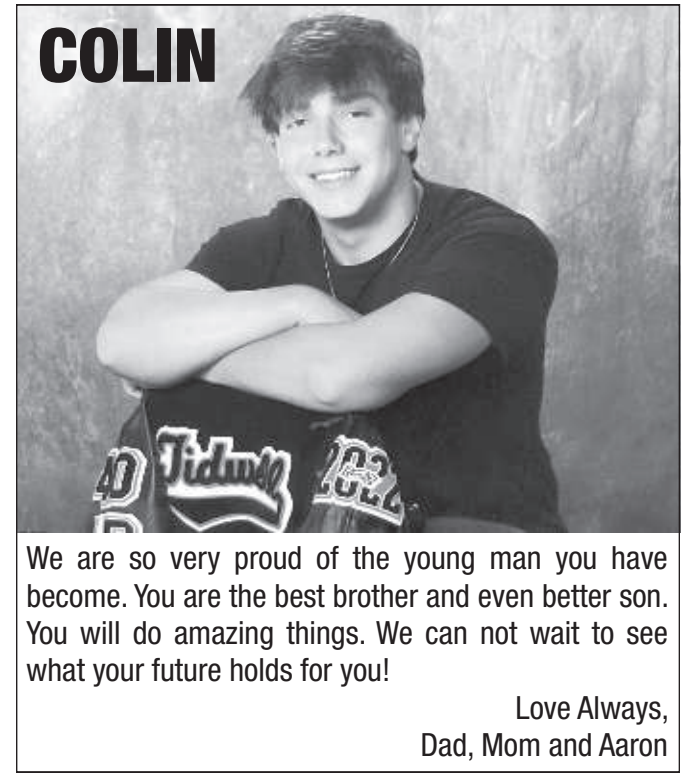
Maci is the daughter of Tina Phillips and Jim Patterson. She was involved in choir for three years. Her favorite teacher was Mrs. Jacoby. Her favorite



Skylar,

We are so very proud of your many accomplishments and we are excited to see what your future holds as you follow your dreams at A&M.

Love you,
Mom and Dad,
Nana and Papa



COLIN

We are so very proud of the young man you have become. You are the best brother and even better son. You will do amazing things. We can not wait to see what your future holds for you!

Love Always,
Dad, Mom and Aaron

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With our highest regards.




Morgan Cox **Ethan Jackson**



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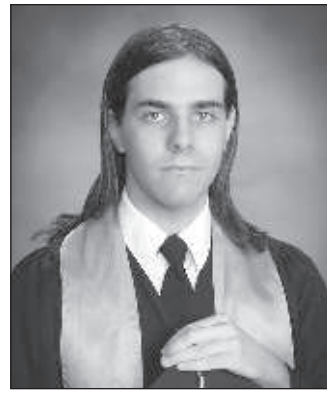
Kyle Rose



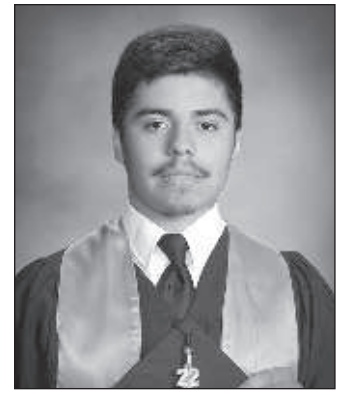
Matthew Ross



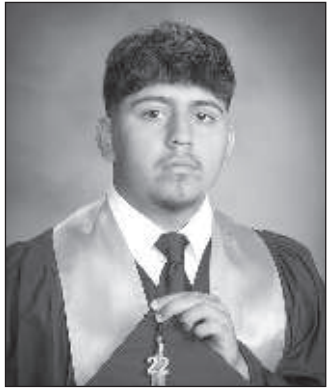
Kristen Russell



Connor Ryken



Angel Sanchez



Jonathan Sanchez



Zachary Shanley



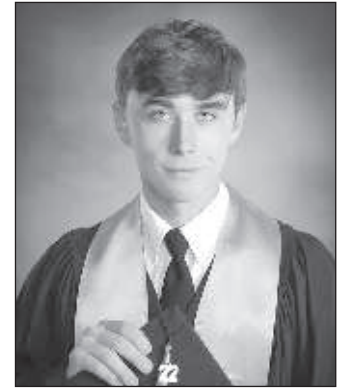
Savanna Silcox



Travis Slimp



Cloe Smith



Lane Smith



Diego Soto



Landon Stephens



Ryder Stephens



Rachel Street



Asher Thetford



Kyla Thomas

subject was government. After graduation, she plans to go straight to work and take a gap year.

Gentry Phillips

Gentry is the daughter of Shasta and Dayton Phillips. She was involved in NHS; Thespian Troupe 1494 (2020), vice president (2021) and president (2022); International Thespian Society; and Texas State Thespian officer, co-blog chair (2021-22). Her favorite teacher was Rebecca Phillips. Her favorite subject was theater, English or French. After graduation, she plans to attend UNT to pursue an English degree.

Jacob Power

He is the son of John Power and Shafter and Amanda Bailey. He participated in tennis and in his church youth group. His favorite teacher was Mr. Beaty. His favorite subject was integrated physics and chemistry. After graduation, he plans to attend trade school and be an electrician.

Shane Reddy

He is the son of John Reddy and Sallie Reddy. He participated in football his freshman and sophomore years. His favorite teacher was Mr. Beaty. His favorite subject was integrated physics and chemistry. After graduation, he plans to attend trade school.

Kormauri Roberts

Kormauri is the daughter of Kortney Dumas and Corey Dumas. She participated in cross-country for two years and received the most improved personal record award. Her favorite teacher was Mrs. Hornback. Her favorite subject was biology. After graduation, she plans to attend Texas State University and major in business.

Lane Smith

Lane is the son of Anna Smith and Eric Smith. He owns a welding certification and received the TSTC welding scholarship. His favorite teacher was Mr. Owens. His favorite subject was welding. After graduation, he

plans to attend trade school or go to work.

Travis Slimp

Travis is the son of Amber Harper. His favorite teacher was Ms. Seabourn. His favorite subject was history. After graduation, he plans to take time to work while he determines his future.

Landon Stephens

Landon is the son of Tim and Laura Stephens. He was involved in band and NHS and was the Texan of the Month. His favorite teacher was Mrs. Hornback. His favorite subject was science. After graduation, he plans to find a job.

Ryder Truett Stephens

Ryder is the son of Roy Stephens and Charla Stephens. He was involved in FFA, and held the offices of chaplain, reporter and vice president. He received the Lone Star degree, Vocational Student of the Month, Senior Beef Feeder award and Ag Student of the Week from 95.9 The Ranch Radio Station and received second place at the TSTC welding competition. His favorite teacher was Mrs. Lilly Sexton. His favorite subject was agriculture classes. After graduation, he plans to attend Western Welding Academy in Gillette, Wyoming.

Asher Luke Thetford

Thetford is the son of Clint and Tiffany Thetford. His favorite

teacher was Mrs. Hornback and his favorite class was biology. His favorite memory was going to the State Marching Band Competition his freshman year. He was a three-time Marching Band State Qualifier, a two-time Marching Band State Finalist, a three-time 1st Division in Solo and Ensemble, a Solo and Ensemble State Qualifier 2022 and National Honor Society Member. Asher is ranked 15th in his senior class. He is a Scholar Student graduating with an Associate of Arts Degree from Weatherford College May 2022. He plans to attend Tarleton State University in the Fall of 2022 and major in biology with plans to pursue a career as a zookeeper.

JACOB
Amazing how much you have accomplished. Very proud of you and cannot wait to see what you do in the future.
Love, Shafter, Amanda, Jenah & Heather

ETHAN
We are so proud of the man you've become. You will do great things in life.
Love, Dad, Mom, & Aerial.

Molly
We are so proud of you!
Love, your entire family

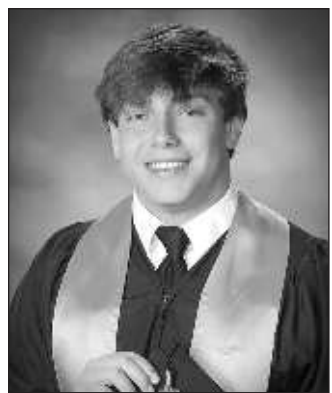
CLASSES OF 2022

MARCO AS ONE CHAPTER IN LIFE CLOSES AND ANOTHER ONE OPENS KNOW THAT YOU HAVE MADE US VERY PROUD! THANK YOU FOR BEING A GREAT ROLE MODEL AND LEADER FOR YOUR BROTHERS. CONGRATULATIONS AND BEST WISHES FROM MOM, DAD, BROTHERS, EXTENDED FAMILY AND FRIENDS. WE LOVE YOU AND WISH YOU THE BEST IN YEARS AHEAD. FOLLOW YOUR DREAMS!

Congratulations Wyatt!

Enjoy and learn on the path from a Springtown Porcupine to a Tarleton Texan. We know you will achieve all your goals.
Love you, Dad & Mom

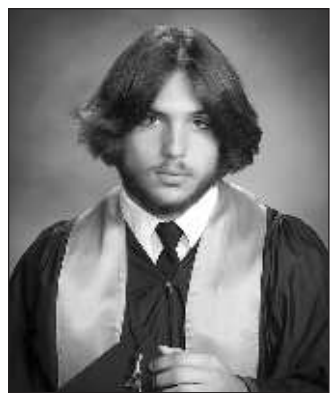
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hastyinc@airmail.net



Colin Tidwell



Jimmy Torres



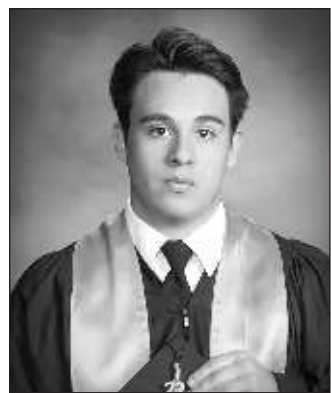
Brodee Trejo



Katherine Trimble



Britney Tyree



Richard Vasquez



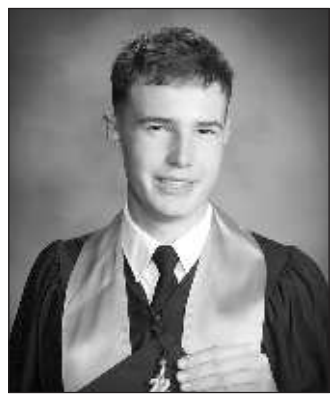
Adriana Vazquez



Aiden Vickers



Collin Vining



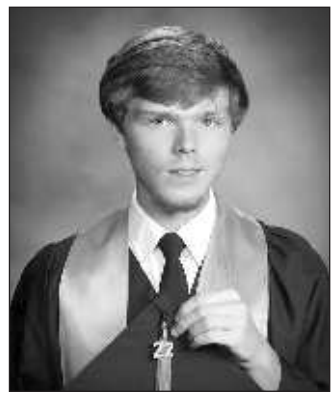
Jake Wade



Sydney Wade



Kameron Walker



Chase Watson



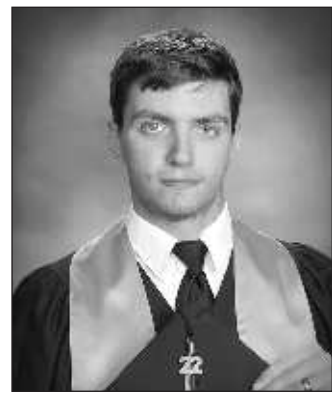
Adam Wells



Nathaniel White



Caden Whitlock



Kyle Wiechering



Daniel Wilbur

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Skylar,



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Nana and Papa


Congratulations Madysen!



Take time to reflect and appreciate your many accomplishments while also celebrating your achievement of graduating High School.

The first step towards getting somewhere is to decide you're not going to stay where you are.

Love Dad, Mom & Holden



Ryder

Learn something new every day.
We are so proud of you. Love, Mom and Pops



HATS OFF TO THE CLASS OF 2022!
Your day has arrived. Congratulations to each and every member of the Graduating Class of 2022
GOOD JOB!

Ryder Stephens



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Heavann Wright



Jessica Wyatt



Josef Yosten



Katie Young



Jade Ziegler



Mia Canoy Zerby

Britney Tyree

Britney is the daughter of Joseph Tyree and LeAnn Tyree. She was a class officer (secretary in her junior year and vice president in her senior year) and was involved in NHS (2021-22 treasurer). She also served as the secretary of the student council in 2022 and secretary of the Health Science Club. Other activities: Spanish Club; TFME; marching and concert band (French horn section leader, 2020-21; drum major, 2021-22); Texas Music Scholar, for four years; and Health Occupation Students of America, 2020-21 secretary; and 2021-22, vice president. She participated in track and field and was a regional qualifier in 2021 and was in powerlifting and was state qualifier in 2022. Her favorite teacher was Mrs. Lance. Her favorite subject was biology and U.S. history. After graduation, she plans to attend Midwestern State University or the University of Texas at Arlington and major in pre-medicine or biochemistry.

Jake Wade

Jake is the son of Mr. and Mrs. Wade. His favorite teacher was Stan Gideon. His favorite subject was lunch. After graduation, he plans to attend college.

Sydney Wade

Sydney is the daughter of Cathy and Michael Wade. She was involved in the Sound of Springtown (woodwind captain and section leader of flutes) and NHS and was a four time all-region and two-time all-area qualifier. Her favorite teachers were all of her band directors: Mr. Mac, Mrs. Uribe and Ms. Garza. Her favorite subject was chemistry. After graduation, she plans to attend West Texas A&M and will major in music education.

Nathan White

Nathan is the son of Luther Masha White. His favorite teacher was Ms. Taylor. His favorite subject was AVP. He plans to attend trade school.

Caden Whitlock

Caden is the son of Melissa Whitlock. He participated in band. His favorite teacher was Mr. McPhetridge. His favorite subject was band. After graduation, he plans to attend college and obtain an associate degree in AAS and music ed.

Stetson Wilmeth

Stetson is the son of Chad Wilmeth and Joni Mele. He was the tech club vice president and was involved in theater. His favorite teacher was Ms. Taylor. His favorite subject was AVP. After graduation, he plans to go to work and may attend trade school down the line.

Serenidy Wright

Serenidy is the granddaughter of Jonana Caddell. Her favorite teacher was Mrs. Kerske. Her favorite subject was math. After graduation, she said she is not sure about her plans other than to go with the flow and get a job.

Josef T. Yosten

Josef is the son of Joel and Teresa Yosten. He participated in football and was a first team All-District defensive back for two years in a row. He also was second team All-District running back and was All-State Academic Honorable Mention. He participated in track in the 4 by 100 and 4 by 200 varsity relay and got third in the area. He went to regionals in Lubbock. His favorite teachers were Tye Adams and Taylor Jones. His favorite subject was history. After graduation, he plans to attend Tarleton State University and major in economics.

Katie Young

Katie is the daughter of Chantal Young and Michael Young. Her favorite teacher was Ms. Sexton. Her favorite subject was math. After graduation, she plans to start her own business.

Kyla Thomas

Kyle is the daughter of John and Julie Thomas. She was involved in band (section leader for two years and bass captain for one year) and Spanish Club, was a Texas Music Scholar and was on the A Honor Roll and A/B Honor Roll. She participated in softball. Her favorite teacher was Mrs. Hornback. Her favorite subject was dual (or all science subjects). After graduation, she plans to attend TJC for nursing.

Colin Tidwell

Colin is the son of Derek and Sherry Tidwell. He participated in football and track. His favorite teacher was Bradley Legan. His favorite subject was math. After graduation, he plans to attend TCC for paramedic education.

Summer Reshae Conway

As we look at the pictures that hang on our walls,

It's hard to believe you're off to college this fall.

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To this beautiful young woman that you've come to be.

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Mom, Dad and Kallie
Meme and Papa



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Danae Littleton	Lesli Luevanos	Rileigh Mears	Landree Merriman	Emma Nichols
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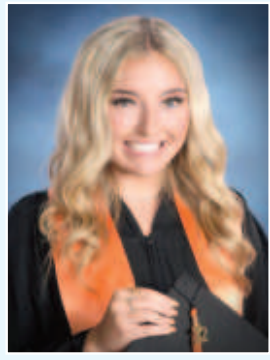
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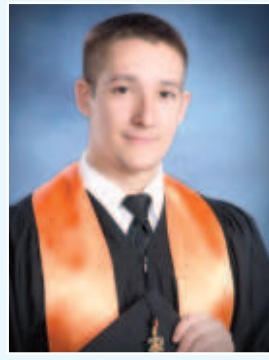
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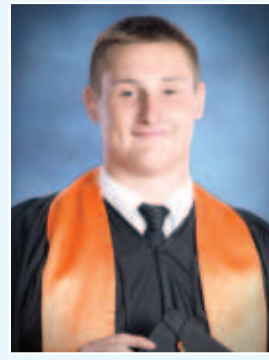
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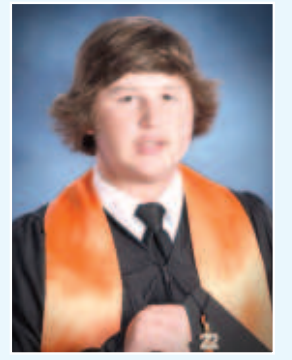
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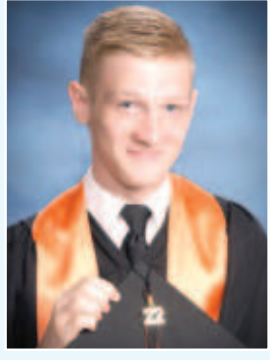
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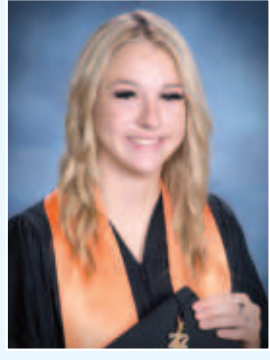
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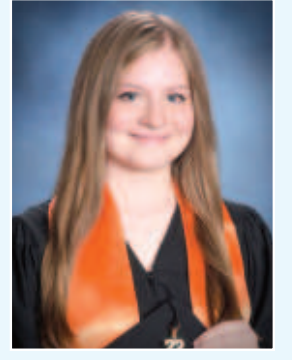
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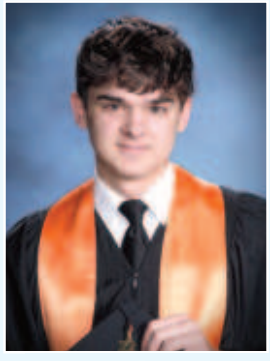
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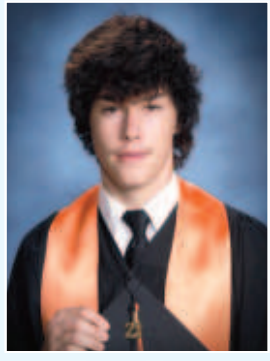
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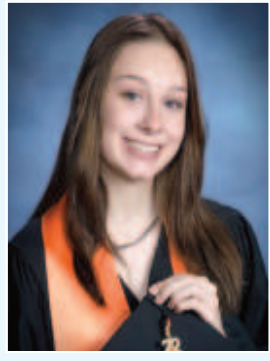
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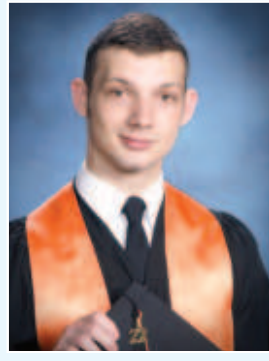
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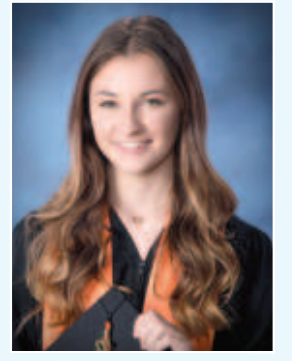
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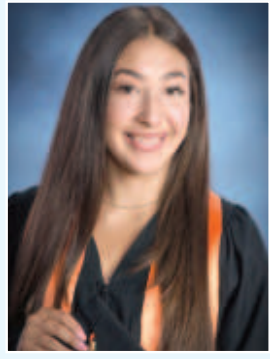
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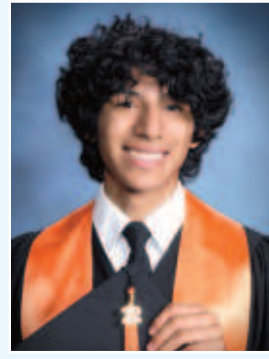
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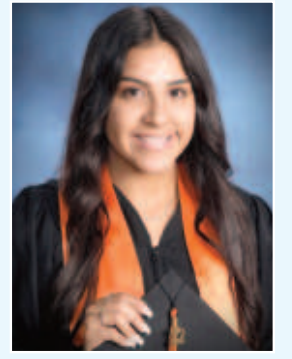
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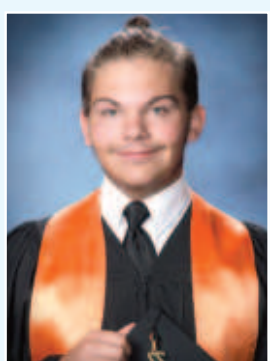
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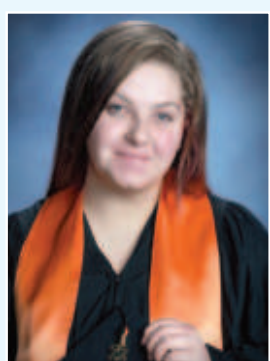
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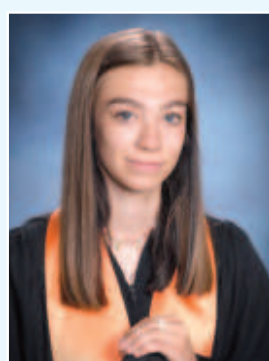
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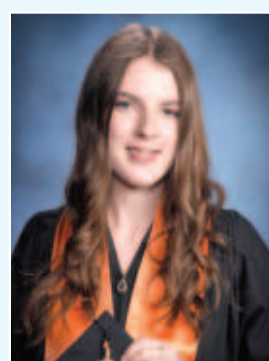
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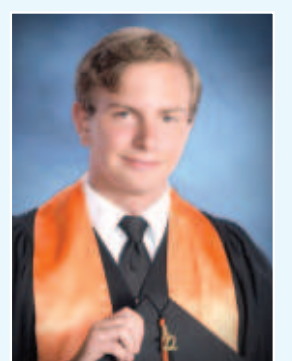
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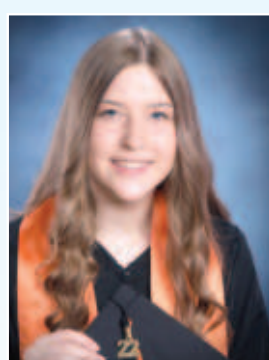
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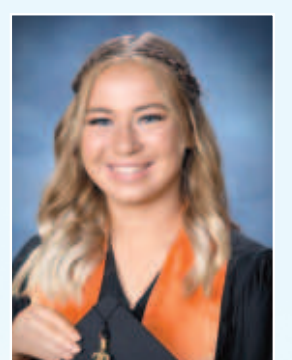
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Bobby Crutsinger has been working with his family and surrounding communities to fulfill the mission of Operation Texas Strong: to help house homeless veterans in Texas with donated RVs. PHOTOS BY JIM STEVENS

[COMMUNITY]

A Way Home

Bobby and Peggy Crutsinger help veterans rebuild their lives

BY JESSICA MCKINNEY

Being without a home is one of the biggest fears for anyone. For thousands of veterans in Texas, it is a harsh reality.

Bobby and Peggy Crutsinger, along with their church, family and friends, have made it their mission to help eliminate homelessness among Texas veterans through their nonprofit or-

ganization Operation Texas Strong. Their goal is to help provide an RV to any homeless vet, so they have a place to call home.

The Crutsingers were pained at seeing homeless veterans on the street and wanted to change that.

“We wanted to give back to the veterans because they served our coun-

try, and we want to serve them and help them get off the street,” said Crutsinger.

“We can help provide them a place to live and rebuild their life one RV at a time, and it is their RV to call home.”

A report to the U.S. Department of Housing and Development by Continuum of Care estimates that there are

nearly 2,000 homeless veterans in Texas and more than 37,000 nationwide.

For seven years, the Crutsingers have been working with the homeless, providing them with food and tents.

“My wife’s dad is a Vietnam veteran that went to heaven four years ago, and we promised we will get all homeless veterans off of the street in honor of him,” Crutsinger said.

“He got tired of seeing homeless veterans on the street. Our veterans should never be homeless.”

The first RV that the Crutsingers provided was just before Christmas in 2020. It went to a three-time war veteran who had been without a home for 26 years.

It was an emotional moment for Crutsinger.

“It was his first home that he could call his,” he said.

Lonnie Lucas is a Marine veteran who, because of health conditions, is unable to work and had lost his home earlier this year. With the help of Op-



It’s a group effort with Operation Texas Strong, locating, moving and preparing RVs so that a veteran can get off the street and into a home of their own.



Peggy Crutsinger makes sure every RV donated is cleaned thoroughly before it goes to a veteran in need of a home.



Peggy and Bobby Crutsinger started the nonprofit organization Operation Texas Strong in January 2021 and are working to eliminate homelessness among Texas veterans.

eration Texas Strong, he now has his own RV to live in, taking away the worry of where he will lay his head down each night.

Lucas has joined with the Crutsingers to pay it forward and find more RVs that can be donated to house veterans.

“I told Bobby I would help any way I possibly could,” Lucas said. “I think what they’re doing is a great thing because the government won’t take care of vets. The government has not held up it’s end of the bargain with us.”

Crutsinger started the organization — a 501(c)(3) non-profit — with just \$100.

“\$50 to the driver and \$50 in diesel to go pick up the first RV,” he said.

So far, Operation Texas Strong has been able to repurpose 93 RVs to house veterans across the state.

They are asking the community that if they have, or know anyone who has, an RV that is not in need of too many repairs that they would consider donating. If they would like to donate an RV, people may contact the Crutsingers by email at peggycrutsinger@rocketmail.com, or call 940-452-6052.

Operation Texas Strong is also accepting donations for items that can be used by veterans to set up their new homes, including decorations, food, clothes and household goods.

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[MUSIC]

Mother-daughter duo mix heritage with Christian beliefs

BY MADELYN EDWARDS

The music of Sayani, a mother-daughter duet group based in Springtown, refuses to be restricted to one genre.

Jorie West and her daughter Christie make up the musical duo Sayani (pronounced Sah YAH nee), which is a Cherokee word that means Zion. The Wests are of Cherokee, Creek, Choctaw and Celtic descent, and they bring their Native heritage to their music as well as their Christian beliefs.

“There’s nothing like what we do, so we really can’t be compared, which is a good thing,” Jorie West said.

Christie West agreed.

“(Of the) different places that we have gone, some of the feedback that we have received from those venues are, ‘You know, I can’t really put you in a box. I don’t know what you are, I don’t know what your genre is, I don’t really know how to describe you, but I like it,’” she said.

Sayani’s music shows influences of country, folk and Native music, and the songs sometimes utilize Spanish guitar and flute parts. Jorie West said that the best part of their music is the vocal harmonies, which fit together hand-in-hand. Vocals throughout the Wests’ album “Sacred Fire” are smooth and polished.

“Sacred Fire” is about the Wests’ sharing “their family stories, both past and present, of life as an Indian through language and music,” according to their website. The album was awarded the 2010 Native American Music Award for Best Gospel/Inspirational Recording. Though English is the main language used on the album, the Wests also sing in Tsalagi or Cherokee, Lakota and the Hawaiian language. Jorie West plays the Native American flute on the album while Christie West plays percussion.

Jorie West started writing “Sacred Fire” while she was caring for her father, who had Alzheimer’s disease.

“We would kind of run into the studio real quick and



The music of Sayani, a mother-daughter duet group based in Springtown, refuses to be restricted to one genre. Their music shows influences of country, folk and Native music.

PHOTO BY VALERIE ADAME

record and come back because we really couldn't leave him," she said. "I think it took a little over a year to get that done."

Christie West said during the time when "Sacred Fire" was being created, she would come home from work and her mom would have lyrics or vocals ready and ask Christie to harmonize with her.

"She is constantly creating. Her mind is always going," Christie West said.

The Wests' favorite song is "Father, Teach Me to Fly," which has spiritually uplifting lyrics and a message to turn to God when times are tough. Christie West said the song was inspired by the Bible verse Isaiah 40, which promises strength and power to those who wait on God.

"When people feel troubled and they feel like there's just no way to get out of it, that song, we've had people come up to us and tell us that it just lifts them up out of what they're feeling," Jorie West said.

Another song that the Wests pointed out as being memorable is a single called "Break Away" that tells the story of a woman being abused by her spouse, which they wrote in an effort to raise awareness about domestic violence. Jorie West said every time Sayani performs that song, people from the audience approach them to say that they have been survivors of domestic violence or know someone in their family who is being abused.

"You just want to help people," Jorie West said. "Music touches places that words don't without the music."

Christie West identified that the message behind "Break Away" is hope.

"People need to know that with issues like that in society that are so taboo that they are not alone and that there is an escape," she said. "There's hope, there's always hope. And I think that's important to put that in music, whether it be that subject or other subjects, just to know there is hope. Whatever it is that you're going through, there is hope."

Jorie West also tied the issue of domestic violence back to the Native American communities, whom she

called on to protect their people. According to a 2016 study from the National Institute of Justice, 84.3% of American Indian and Alaska Native women and 81.6% of American Indian and Alaska Native men have experienced violence in their lifetime, including sexual violence, physical violence by an intimate partner, stalking and psychological aggression by an intimate partner.

"We have admonished the churches and the places that we have sung – powwows, wherever it is – because Native American people really have a lot of domestic violence going on in reservations," Jorie West said. "We admonished them to step up and be there for people. Stop looking the other way when somebody needs you to be there, especially a church."

TAKE IT FROM THE TOP

Jorie West grew up in music. Her parents were singing evangelists, and she started singing when she was 3 years old. Jorie remembers performing on the radio while standing on an orange crate in Riverside, California, when she was young.

"It's pretty much all I ever knew for most of my life, and then I brought (Christie West) up in pretty much the same way," Jorie West said.

Christie West described her mother's taste in music as diverse.

"Mom is probably the most creative person I know," Christie West said. "She is so diverse in her taste in music. She sang rock-n-roll music back in the day. She sang everything from gospel, some Black gospel, southern gospel, classical rock, all kinds of things throughout her lifetime, and she has raised me in that, and so my taste is very diverse because of her."

The Wests are originally from California, but they also lived in Hawaii before moving to Springtown in 2006, which put them near their church, Eagle Mountain International Church, located east of Springtown. Jorie West said they felt that they were meant to move to Texas.

"We just felt like God wanted us to come over here," Jorie West said.

"That's not an easy thing to do to leave Hawaii. Texas was a place that we knew we were supposed to come to."

Before Sayani, the Wests' musical performances would be singing backup or with a group of other singers. They sang with Aloha Ke Akua Ministries, which is a Christian group that reaches out to Indigenous people all over the world. Jorie West said the suggestion to work with Native American people more exclusively came from the ministry's president, Daniel Kikawa. The Wests' work with Aloha Ke Akua Ministries was with people of various nationalities and cultures but rarely Native Americans.

"He just felt that we should do this and we belonged here, and he was right," Jorie West said.

The move to Texas also helped them make connections with other Native groups on the mainland – like Navajos, Apaches and Canadian Natives, referred to as First Nation – which allowed them to travel more to shows.

"There are Native American people over there (in Hawaii), but not like there are here," Jorie West said.

Jorie West said Sayani has been accepted and treated well by Native tribes, and they are grateful for it. Christie West said Sayani usually attends and performs at intertribal powwows and mentioned a then-recent trip to an Apache group in McAllen, which they have gone to just about annually since moving to Springtown.

Part of what makes Sayani unique is that the duo brings vocal performances to the powwows that is different than powwow singing, Jorie West said.

"Powwow singing is when they have the drums and they just yell and scream and holler, and do that wonderful thing that they do," she said. "We are different, and we're the only ones I think that do that, allowed to do that because it wasn't allowed before."

Christie West said the Sayani-style of performance is mostly accepted among Native tribes, though they have run into some traditionalists who don't approve of the style or the religious lyrics.

"Christie and I are believers in God,

“There are people who are oblivious to what goes on in the world around them, so we’re kind of teachers as well” – Jorie West

and the Native world is a whole lot different. Some do (believe), some don’t, some have other Gods that they worship, so we’re different in that way,” Jorie West said. “We’re adamant in what we believe, and that’s what we sing. We sing who we are all the time. Our message never changes.”

SINGERS AND TEACHERS

When the Wests go to different places to perform, they are sometimes met with people’s stereotypes about what Native American music and women are like.

Christie West told the story of how they performed in Ireland, and the pastor hosting them only knew of Native American music as powwow music and vocals and was therefore not looking forward to Sayani’s performance. He was pleasantly surprised when he heard their music differed from his expectations.

Then, there was the leader of a group in Australia, where the ladies performed, who expected Jorie West to be “a shriveled up, little old Indian lady,” she said.

Another time in a Texas town, a pastor approached them after their performance to ask if Native Americans still existed, particularly Christian ones like the Wests.

“There are people who are oblivious to what goes on in the world around them, so we’re kind of teachers as well,” Jorie West said.

The Wests weren’t necessarily offended by these assumptions.

“People fall out of it pretty easily. Once they get to know you and they hear your music, they change,” Jorie West said.

Christie West added: “It’s OK if they have an impression of you that’s not accurate. Just give them a chance, give them grace that you would hope people would give you and then hopefully you’ll change their mind.”

Learning and knowledge are important to the Wests who said that being open to learning about others can help reduce ignorance and prejudice.

“The more we put ourselves in a position to learn, to be students, the better we will all be,” Christie West said. “If we can constantly be learning, then we’re just going to be a lot better. We’re going to treat each other better. We’re going to give each other more grace. If you don’t know what I know and I don’t know what you know, that’s OK. We’re going to give each other the grace, and then we’re going to meet in the middle somewhere and learn about each other, and then learn how to get along.”



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Trynity Hoskins demonstrates a maneuver on her sister, Cameryn, one day at the American Academy of Martial Arts in Benbrook.

DOJO PHOTOS BY JIM STEVENS

[COVER STORY]

Senior juggles dance, karate while learning valuable skills

BY DON MUNSCH

At first glance, one might not think dance and martial arts have anything in common.

But of course, you can find commonalities. And Azle High School senior Trynity Hoskins found both activities helped her growing up, as she finishes school now and moves to Lubbock this fall when she begins classes at Texas Tech University.

Hoskins participated on the Emerald Dazzler dance team at AHS. She owns a third-degree black belt in karate, be-

ginning karate when she was 5-years-old. Her father, who had a background in martial arts, sparked her interest in martial arts. Her parents thought karate could help her and her sister, Cameryn, defend themselves when they grow up. Cameryn, a junior at AHS, also owns a third-degree black belt. Trynity calls Cameryn her best partner and motivator, as they can rely on each other.

So how are dance and karate similar? Both help people with flexibility and

balance, as far as physical skills, but they also teach life skills.

Trynity, 18, said karate made her the person she is, teaching her life lessons, including the Four D's: desire, discipline, determination and dedication. Those D's are necessary in dance, too, she said. Trynity also applies those skills in her job, as she works at Spring Creek Barbecue in Lake Worth.

She attends the American Academy of Martial Arts, a Christian-based dojo located on Camp Bowie in Benbrook,

where the Four D's are embraced. As a young child, she went to class each day except Sunday. She goes to the dojo as often as she can now with her busy schedule.

Grand Master Curt Brannan talked about the Four D's at the dojo one Saturday. He has a ninth-degree black belt and Grand Master Ferdinand "Fernando" Perez, who also teaches at the studio, has an eight-degree black belt. Students learn what's described as realistic self-defense at the studio.

"We teach (young people) how not to be victims of criminal assault," Brannan said.

But the people who attend classes at the dojo embrace something more than self-defense skills.

"We feel like that if we arm young people with those tools they'll be successful in college or in the a career or whatever they attempt to do," said Brannan, chief instructor at the dojo.

"That is one of our goals. But our primary goal is this: We are a Christian karate school. We teach young people to pray. We want young people to not only to be strong physically and have excellent side kicks and self defense and all these things we learn, but to be people of God that pray."

Those prayers can be intercession in nature and can include participants' parents, and the karate school embraces the Fifth Commandment to honor one's parents.

Trynity's leadership has earned the respect of the dojo's instructors, as Brannan said he and Perez can turn class over to Trynity and she would run the session smoothly. She and Cameryn have helped with a woman's self-defense course at the dojo, and that course helps women not be a victim of a criminal homicide, Brannan said. He used to be senior homicide detective for the Fort Worth Police De-

partment.

FORMING BONDS

Trynity enjoys the family she has built with both dance and karate communities and how each community's participants are passionate about the activity they participate in. At Texas Tech University, Trynity will study for a career as a certified registered nurse anesthetist.

Dance also taught her life lessons and skills, as well, including public speaking.

"Trynity has been a valuable member of the Emerald Dazzlers for four years," said Erin Boyer, Dazzlers director in an email. "She was a social officer and Jr. Lieutenant during her sophomore and junior year, and Co-Captain her senior year. She is a dedicated, talented, and exemplary leader and role model for the students of Azle ISD."

With karate, Trynity discussed her



Trynity Hoskins practices at a dojo that involves various ages groups, including children.



A co-captain of the Emerald Dazzlers at Azle High School, Trynity Hoskins is all smiles at an Azle High School football game last fall.

PHOTO BY JEFF PRINCE

progression from a young age to now her young adult years. Black belt has 10 degrees, and she hopes to attain that one day.

“It’s going to take a long time, but my head (instructor) is a ninth-degree right now,” she said.

Hoskins earned her first-degree black belt in karate in February 2016. She received her second-degree black belt the next year and then earned her third-degree black belt last year. Just earning a belt can be arduous: Trynity said her test for her first-degree black belt was more than four hours, as there are a number of physical and speaking skills that must be demonstrated.

She said the dojo helped her build a stronger connection with God, and participants pray before beach class, even if there are three classes each day. When karate participants obtain black belt status, they are asked for their favorite Bible verse.

“It has affected my life in a very positive way – many life lessons learned,” she said about her experience in karate. “I know I can always rely on the people there.”

Trynity said she can defend herself if she ever finds herself in a dicey situation on the street, as her classes teach various ways for people to defend themselves, including how to react if an encounter escalates and a person shows a weapon or the person become aggressive. Lessons are learned in an appropriate belt level technique.

“I’m not going to say it’s been an easy journey at all,” she said about karate. “It has not been an easy journey. I’ve definitely learned time management with this with all the things I’m juggling.”

PASSING ON A LOVE OF KARATE

Master instructor Joe Hoskins,

Trynity’s father, said he started karate as a young boy, explaining his father owned some karate schools in South Texas. When Joe entered middle school, his family moved from the Corpus Christi area to the Dallas area and he started training in aikido and then participated in some amateur kickboxing through high school.

“It just kinda progressed from there,” he said.

Joe possesses a black belt in aikido, which he received when he was 18, and he currently holds a fifth-degree black belt in American karate.

He took a break from martial arts for the better part of his 20s as he concentrated on work and family. When Trynity started kindergarten, he suggested to Trynity’s mother that he should introduce her to the martial arts.

“I grew up doing it, and it was really good for me,” Joe said. “So, we looked at a couple of different martial arts

schools, and basically we've been at the American Academy of Martial Arts ever since the week Trynity started kindergarten."

Joe said there exist many benefits from taking karate, especially discipline and leadership skills.

"You talk to a lot of adults in various professions, and one of their greatest fears is public speaking," he said. "I'm not different. That's certainly not something I'm great at. But in my position where I'm at in my career, just in the martial arts and teaching cases and things of that nature have really helped me with the public speaking."

He said Trynity is a bit of an introvert by nature and the most significant aspect she has learned from karate is leadership skills.

"She's an incredible instructor, probably one of the best instructors we have

up there at the karate school," he said. "It shows in everything that she does. She's involved in various activities at school, and she holds a leadership position with the dance team and stuff at school. So, I think the biggest part for Trynity that she has taken away is the leadership and just the overall confidence in herself."

Brannan and Perez have both taught at the school for more than 25 years. Perez said he hoped Trynity learned multiple values, such as discipline and character, and has built friendships and good family relationships through karate.

Trynity's mother, Summer, said she appreciates what her two daughters learn through karate, because they both will be equipped to protect themselves when they attend college at Texas Tech. She also appreciates how kara-

te taught them personal skills, such as being respectful in how they addressed others.

Cameryn has enjoyed what karate has brought to her life, including the family side of the sport.

"We have a tough bond and have grown together while learning the disciplinary actions of karate," she said in an email. "I always look forward to having a built-in training partner, as Trynity has always been mine, and love that we can share our successes as sisters and as training partners. Karate has helped me with respecting others and seeing the true meaning behind being a Christian, and being a better person as it is. This sport has given me the discipline and acts of pushing through what is difficult and gives me a strong mentality."



Trynity and Cameryn Hoskins goof around with their dad, Joe, during a session one Saturday at the karate dojo.



Joel Jessup and daughter Makenna worked at the family store for years before selling in 2014.

PHOTOS BY JEFF PRINCE

Mak - the 'Wendy' of Azle - enjoys seeing name in lights

BY JEFF PRINCE

Makenna Jessup was 5 years old when she decided enough was enough.

"Everybody, Makenna has an announcement to make," said her dad, Joel Jessup.

This was 16 years ago at a deer camp in Throckmorton. Smoke wafted from a nearby grill where a wild hog ham was cooking. Seven or eight grizzled hunters stood around a campfire drinking beer and smoking cigarettes as Makenna made her short but direct address.

"From now, I want to be called Mak," she said.

The group had taken to calling her Skeeta, which was short for an earlier nickname, Mosquito.

Makenna liked neither moniker and came up with her own.

No more Skeeta. No more Mosquito. Only Mak.

Got it?

"Yes, ma'am," everyone agreed.

After hunting season was over, Jessup asked his daughter to name her favorite color.

Green, she said.

Why did he want to know?

Jessup wouldn't say. He wanted to surprise her.

A short time later, Makenna found out in a thrilling way.

Jessup had owned Joel's Sandy Beach Mart at 1850 Boyd Road in Azle

since before Makenna was born. The store's name was painted in big white letters on the green storefront.

Inside the store, Jessup stocked inventory that catered to the Eagle Mountain Lake crowd, offering bait, beer and whatnot.

He built a deli on one end of the store to serve breakfast and lunch and began referring to it as Mak's Grill in honor of his daughter.

After that deer trip in Throckmorton, he made the name official and installed a big bold neon sign: Mak's Burgers & BBQ.

Mak's was spelled out in bright green.

"I remember when he first got the neon sign," Makenna said. "He kept it from me the whole time until they put the sign up. And then he's like, 'Hey, check this out.' And I was like, 'What!?"

Jessup didn't stop there. He emblazoned shirts and cups with the deli's name.

"I was like, I'm basically famous," Makenna said. "It was awesome. I did feel like a little hometown celebrity for a long time."

SANDY BEACH MEMORIES

In 1997, Joel Jessup bought Sandy Beach Mart, planning to work it for years and then pass it on to Makenna after she grew up. After all, she had been raised inside those walls.

"When she was born, she pretty much stayed at the store," Jessup said.

He kept her in a crib or highchair behind the counter or put her in a walker while he worked.

"She stayed there every day," he said.

Makenna's mother, Darla Eager, helped raise her. Jessup and Eager's relationship was tumultuous, however, and they would split up frequently. Through it all, Sandy Beach Mart employees helped watch over Mak at the store.

"The ladies that worked for me took care of her just like she was one of their own," Jessup said. "It was really a good deal for me and for her, as well."

Makenna's memories of the store are golden.

"It was like the biggest playground you can imagine," she said. "You've got coolers. A kitchen. Food. Never-ending barbecue. Anything you want."

Makenna attended Hoover Elementary School and Santo Forte Junior High while her dad owned and operated Sandy Beach Mart – all located near Sandy Beach Road.

"I spent half my life on one road," she said.

She began working at the store at an early age.

"Dad had me bagging ice when I was probably 9 or 10," she said. "That's about all I could do. Then I got a little older, probably like 12 or 13, and I was a minnow girl. I got minnows out of the back - bait fish."

At 14, she graduated to the deli. One day, she asked her dad to cook her a hamburger, like he'd done every day for years. This time, he surprised her with his answer.

"My dad looked at me and goes, 'You can cook it yourself,'" she said. "It was the first time that I'd been allowed to step up there on the grill and do some grilling just like my dad."

She became the deli girl, taking orders and bussing tables.

"They taught me about the cash register, so I was able to do some exchanges on the cash register and help out," she said.

While attending Azle High, Makenna worked the deli after school. Her dad warned her about friends seeking free food.

"He told me, 'Be careful and don't let anybody take advantage of you as far as friendship is concerned,'" she recalled.

Most of the time, she stuck to the no-freebies rule. Sometimes, when she enforced the rule, she suffered cold shoulders from friends. That hurt, but she shrugged them off.

"It's not that big of a deal," she said. "They weren't that great of friends anyway. But it was always fun. I always had a place to hang out."

An unexpected drawback was her dad's popularity.

"My dad was recognized every single

place we went," she said. "We couldn't go to Albertson's without stopping for 30 minutes with someone talking with him about Sandy Beach Mart. He was recognized far and wide."

Makenna attracted her share of fans, too.

"People that I don't recognize will come up to me even still and be like, I saw you as a little baby walking around in your little walker at Sandy Beach Mart," she said.

Putting Makenna's name in neon green to dwarf his own name was Joel's plan to help groom the next generation of leadership.

"It was something I wanted to do because I was proud of my daughter," he said. "I had my name on it, and I thought she deserved her name on it, as well. I wanted her on there for her to get the same feeling I always had - pride in what you're doing."

THE WORLD TURNS

In 2014, Jessup sold the store and started other business endeavors.

"I thought I was going to keep it for longer than I did," he said. "I thought, one day it would be hers, but it just didn't work out that way."

Makenna didn't mind. She had other plans.

The new owner, Amrit Sapkota, became friends with Jessup and a then-teenaged Makenna. Father and



Amrit Sapkota remembers a teenaged Makenna helping him take over store operations.

daughter pitched in early and often to help Sapkota and his family as they took over business operations.

"I've known Makenna since she was a child," Sapkota said. "She used to come here all the time, and if I needed any help, she was ready to help me, even though she was a kid. She is a very nice lady. She's a very humble lady. She is always eager to help anybody who needs the help."

Makenna wasn't on his payroll. She helped when needed without asking for anything in return.

"She helped me like family," he said.

Sapkota decided to keep the names for the store and restaurant.

"This was (Jessup's) family store since before 2000," he said. "This is a neighborhood store, and I don't want to make big changes."

In 2017, Makenna graduated from Azle High and enlisted in the U.S. Navy. Currently, she is stationed in Jacksonville, Fla., and serves as an electronics

technician on a combat ship. She plans to serve six years in active duty and two years as a reserve before going into private business.

"I'm going to start college now and continue on when I get out because I won't be done," she said.

Makenna, now 21, plans to earn a degree and work in cybersecurity.

"I've got all the qualifications, and it's a lot of money," she said.

She wasn't disappointed after her dad sold the store. She was happy for him. Running a convenience store involves long hours and plenty of work.

"I always knew that it was super stressful" for him, she said.

Naturally, she worried that the new owners would remove her name from the storefront.

Instead, they all became friends.

"I like them a lot," Makenna said.

"They are real nice. Real sweet."

Makenna doesn't return to Azle often, but she was here for a couple days at



Makenna Jessup still enjoys seeing her name in neon lights when she visits Azle.

Christmas. She still enjoys seeing her nickname in lights.

"It makes me feel awesome," she said. "People still talk to me about it all the time. I love driving by that thing."



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Poet loves seeing words resonate with others

BY DON MUNSCH

Sydney Moss likes how people can be moved by words in a poem.

She has written a book of poetry called “Unspoken” and she said that the title essentially gives it away, meaning her poetry either possesses a lot of thoughts that she does not say aloud or “things people have said to me but don’t communicate with the people around them.” She said the poems in the book are based off her stories or from people close to her.

She shared her poems with one of the professors at Abilene Christian University, where she previously was attending classes, and he really liked her poetry and talked to her about the publishing process and getting one’s work out there for others to see and appreciate. “Unspoken” is her first book.

Moss never shared poetry with her family before, probably because some of it was about them, and some people in her family didn’t know she was interested in writing or that she could write. And then for people who know Moss and see themselves on the pages, she has gotten clarity from people and has a good overall response. She said her favorite aspect of the first book has been people who have contacted her to discuss their stories and how her poetry resonated with them.

“‘Unspoken,’ the title, comes from knowing that a lot of things we think and we don’t say, but a lot more people think about them than we know,” she said.

There are 21 poems in this first anthology. Poems cover everything from loss and grief to childhood memories to universal experiences, such as relationships with parents.



Sydney Moss shows her first poetry book, “Unspoken.”

PHOTO COURTESY

“Life is hard, but it’s really beautiful if you look at it (broadly),” she said. “Even the ordinary things are miracles and they are extraordinary in and of themselves.”

Moss said even before she thought

of publishing poetry, she said writing poetry was a way of coping with life. Some people talk to others, some people write music or listen to songs, and some read books. Moss writes poetry.

“Any time I would get into an argu-

ment, whether it was with my parents or my friends, or I would lose somebody, I would write about it," she said. "I think just getting thoughts out on paper really helps me to articulate the way that I'm feeling, so I think before I started writing for other people I really was just writing for me."

Moss was home-schooled in her early years of education and for most of high school. In her junior year at high school, she started taking dual credit classes and received her associate of arts degree from Weatherford College and high school diploma at the same time.

She attended Abilene Christian University for a semester where she studied graphic design. She moved back home and now takes classes online through Grand Canyon University, based in Arizona, and she hopes to earn a degree in graphic design and ad-

vertising. After that, she hopes to get her master's degree in creative writing. She wants to be an author and illustrator one day. She lives in Aurora, located in Wise County.

Moss said she has been writing poetry since she was 8 or 9 years old.

"I just loved my English classes," she said. "I would just take off writing, whether it was short stories or poetry or things like that. I would spend hours reading Robert Frost or Shakespeare and all these guys that everybody kind of scoffs off because of the language that they use or the wording or because it's a just a little bit older. The first poem that I really remember resonating with was after one of my grandparents died. I wrote a poem for my grandma after she lost (my grandfather) and she read it. ... I just remember thinking that poetry has a way of impacting people."

Since then, she said, she has concentrated on poeticizing life and finding a way to describe life events or experiences that people can relate to.

She plans to next publish a chapbook collection of poems. That book will be between 100 to 150 pages and be released in 2023.

"It will kind of have the same ebb and flow," she said. "I'm hoping to have it a lot more organized and kind of moving throughout life. Life ebbs and flows and I think writing should as well."

She further described it as how people deal with life issues, and then there's a relief that people made it and "life will work itself out." The book will have 50 to 60 poems.

"Unspoken" can be found on Amazon and Bookleaf Publishing Co. (bookleafpub.com). Moss' website is grayscalepoems.wixsite.website.

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Above: Beth Harville in her kitchen making tamales
Right: Tamale Queen's brisket tamales

PHOTO BY JESSICA MCKINNEY
COURTESY PHOTO



[FOOD]

Love and Tamales in Texas

The kitchen is where the love starts

BY JESSICA MCKINNEY

Ask anyone in Texas where to go for the best tamales and you'll almost never get the same name twice.

Even in a small town like Azle, people have plenty of options when it comes to tamales.

Some come from a long family heritage of hand-rolled tamales, with recipes passed down from generations, and delivered around town from coolers in the backseat of the family's truck.

Others are found at some of the favorite (and numerous) Mexican restaurants around town where cooks have their own flavor and flair to add to the traditional favorite.

A FLAVOR ALL HER OWN

Then you have those cooks who have taken this dish and made it into something all their own, like Beth Harville — dubbed The Tamale Queen in Azle by her loyal customers.

Harville has been making tamales for about six years. Like any Texan, she has always loved Hispanic dishes.

"My daddy liked it, you know, and my mother made amazing tacos and stuff," she said.

She started with enchiladas and her passion evolved into learning to make other dishes, including her now perfected tortilla soup.

"When I decided to do the tamales at first, I felt completely lost ... because it's kind of a mystery," she said. "Or I think sometimes the people that make them try to make it a mystery. So, I've really kind of evolved my own thing."

Harville admits that when she was starting out with tamale making, they were terrible.

"Using commercial masa and stuff, it was awful," Harville said.

"And I finally had to face terms that I was not going to impress my friend, nor was I going to enjoy them. And then I just kind of started tweaking them, and I still constantly am look-

ing at things that I do to improve and all that. But that's kind of how I went about it."

Harville is proud to say that all of her recipes are her own, coming from her own experiments with flavors and seasonings from local markets in Northside, or from her travels across the state.

Making tamales is a labor of love for anyone making them, but for Harville who has turned her tamale making into a business, it consumes a large part of her days. From start to finish, it could take two or three days to complete the process. But there is still plenty of love in the making, too.

On any given day, she could have three to five large stock pots steaming away with her husk-wrapped creations with a variety of fillings. A cooler sits by her front door with orders ready to be picked up, and a warmer on the counter keeps even more at the right temperature until they're ready to go out the door.

"I think it takes someone special — and slightly crazy," she laughs, "to make these year-round because it really does take up your entire kitchen ... so it's a labor of love, it truly is."

OLD TRADITIONS MADE NEW

Daniella Aguilar has been cooking since she was 13 years old, watching her grandmother in their family kitchen in Mexico. Now, she uses what she learned in that kitchen — adding in her own



Daniella Aguilar's Tamales to Go

COURTESY PHOTO



Daniella Aguilar has turned her love for cooking into a family business.

COURTESY PHOTO

touches — to bring her favorite dishes to others.

"Food is always a good business to support your family," Aguilar said.

It's also a good business for bringing your family together. Every aspect of Aguilar's business, Tamales to Go, becomes an all-hands-on-deck situation.

"Diego (oldest son) is my sous chef ... He's very intrigued about food as well, just like me when I was little."

Diego helps with the tamales by mixing the masa by hand, which gets harder as ingredients are added in.

"So, Diego is my muscle guy," she said.

When she has a big catering order, the whole family comes into the kitchen to start helping with assembly.

Aguilar's business has grown from making and selling tamales at local events, or parked alongside other local businesses like The Working Cup in Azle. Today, she has more and more requests for catering big events like family parties, gender reveals and weddings.

"Right now, I'm booked six months out," she said.

But even with the whirlwind of her growing business, Aguilar still sets aside time to cook for her family, with their favorite dish being her grand-

mother's meatball soup, albondigas.

"It's broth, meatballs with carrots, potatoes. Pretty much like chicken soup, but with meatballs."

The kitchen, Aguilar says, is where everybody's happy.

"The kitchen is where the love starts ... You have your husband happy, your kids happy, and everybody's happy in the kitchen."

"For me, it's that all the memories to cooking, like being happy," she said.



Aguilar's grandfather Jose used to walk around town in the 1970s selling his wife's tamales "to-go."

COURTESY PHOTO



The women of the Springtown Area Neighborhood Ladies Group get together for Coffee Klatch, where they drink coffee and have informal conversations. The Neighborhood Ladies Group brings Springtown-area women together for various meetups, social activities and volunteer work.

PHOTOS BY MADELYN EDWARDS

Calling all Springtown ladies: Women's group thrives in Springtown

BY MADELYN EDWARDS

It's not always easy to be new in town. Moving to a new town means not only establishing services and finding resources, but also making friends and building a community.

Such is the case with Sherie Bergquist who moved to Springtown with her family from Oregon about a year ago. She started asking around about finding a dentist and a doctor, and then she found out about the Neighborhood Ladies Group in Springtown.

The Neighborhood Ladies Group brings Springtown-area women together for various meetups, social activities and volunteer work.

After joining the group, Bergquist met some of the members at a restaur-

ant and started making friends right away.

"We came here not knowing anyone other than each other, and within weeks I connected with a couple of ladies in the community," she said. "That's been really nice."

The Springtown Area Neighborhood Ladies Group on Facebook started up last year. Shonda Eisa moved to Springtown in 2020 and found the NLG on the Nextdoor app, though she said not much was happening in the group. Then, Eisa met Suzie Aldridge, who suggested that the group be added to Facebook where the group has garnered a bigger following.

At the time that Eisa moved to

Springtown, she had been in a car accident and had to have hip surgery, all of which meant she had to temporarily use a wheelchair. The isolation of this experience made her want to make connections with others.

"I got to meet some amazing ladies," Eisa said. "There's a bunch of other ladies in the group that just kept me busy during a very bad time in my life. So, it kind of pulled me out of a little funk that I was in, and I'm truly grateful that I was able to join the group."

Though she was more established in Springtown, Aldridge was also looking for friends, specifically ones to play the dice game Bunco with.

"I've lived here (for), gosh, almost five

years, and it's very difficult to meet people when you live in the country," Aldridge said. "So, I think living in the country – along with the pandemic, which obviously separated friends, people, relationships, neighbors – I think all of us ladies were really yearning for friendship and support."

Joy Johnson was also one of the founding members of the Springtown Area NLG and said she joined because she was "starving for lady companionship, to meet some friends." As a retired woman who moved to Springtown from another state, she said it was difficult to meet people.

Once she got involved in the group, Johnson made sure to reach out to other women on Nextdoor who were new to Springtown.

"I knew how it felt not to have any connection to the town that we bought a house in," Johnson said. "I would be one of the first ones (to say), 'Hi, my name is Joy. We have a lady's group. Please come.'"

JOINING THE LADIES

Among the rules for joining the private NLG Facebook group are two simple criteria: members must be female and live within 25 miles of Springtown. The group is private to keep out people who don't meet the criteria as well as maintain a safe, supportive environment for members, Eisa and Aldridge said. Aldridge also said some members share personal information in the group that is to be kept private among the ladies.

"We want it to be where you know beyond a shadow of a doubt that whatever you say, whatever you post is kept among ladies," Aldridge said. "Maybe they're going through what you have. You never know, you really never know and, and that's really again, connected us."

Through the NLG, members of all ages can participate in activities like scrapbooking and crafting, as well as playing games like Bingo and Bunco. There are playdates for women with children, meetings with the professionals of the group and restaurant meetups, among other activities.

Jazmin Derby joined the group and helped start up the professionals group, which she said focuses on "empowering and uplifting one another, and really just propelling one another forward." The group is applicable to local women in the workforce and entrepreneurs and has included workshops on planning goals and resume building.

The NLG members have also done volunteer work, such as making stockings around Christmastime for the residents at Springtown Park Rehabilitation and Care Center.

"We've really, really tried to not only just improve our own lives by having more friends and having more social activities, we (also) want to help the community," Aldridge said.

Another meetup that the NLG has is

Coffee Klatch, which Bergquist hosts about twice a month at her home. She recalled that she used to be part of a Coffee Klatch church group where both older and younger women would get together for coffee.

Bergquist called Coffee Klatch a foundational activity that often leads to groups of ladies planning to meet up afterward. She said the conversation often takes unexpected turns among an intergenerational group.

"For me, the heart of it is just (having) a new place to go and not have to spend any money and just visit," Bergquist said.

MAKING CONNECTIONS

When asked what she likes about NLG, Derby answered quickly – "the connections."



Stacey Crawford listens to the conversation at Coffee Klatch on March 7.

“Realistically, a lot of us wouldn’t have ever met had we not joined the group,” she said. “Every single lady has something to offer, and it’s an amazing group of ladies.”

That connections extend past the group’s activities. The ladies are also welcomed to contact each other on their own time as well, Derby said.

“It’s the small-town connection that I think everyone’s looking for, but has a hard time finding,” she said.

Bergquist said the Neighborhood Ladies Group has meant a lot to her. The friendships have also extended to the women’s husbands who have made friends with each other.

“It’s filled that void, connecting with other women,” Bergquist said. “You know you’re not friends with every single person that comes your way, but there’s those few people that you have things in common with. That’s been a lot of fun.”

Eisa said the group aims to create space for women to support each other.

“Our group is also about positivity and raising others up and not looking

down on anybody, but we want to be able to give someone a hand up, not a handout,” she said. “We want to be able to help and keep positivity in the area.”

Bergquist said she has witnessed other women make connections that they hadn’t before. She mentioned instances of women feeling safe enough to drop their guard and be thankful the experience of fellowship.

“I just think that people need to be with one another,” she said. “We weren’t really created to be isolated.”

Aldridge also recalled hearing from members who had memorable experiences through NLG.

“I would keep hearing these stories over and over and over how lives have been changed in 2021, and again, we know that in 2022, there’s even going to be more opportunity. We’re just extremely excited for what’s to come,” Aldridge said.

On Facebook, the Springtown Area NLG has 480 members. For Bergquist, growth in membership comes secondary to the intimate connections made

among the ladies. They can point each other to available resources and services, and also have deeper conversations about family and struggle.

“There’s a great opportunity (for) people to share their hearts, their stories and to be listened to,” Bergquist said. “That to me is really important. I don’t know how you do that in a large setting. It’s just kind of more of an intimate group.”

In the future, Johnson said she’d like to see the group be recreated by people in other small towns so that they can know connection is possible.

“It’s a great way to meet people and to get connected to different community things, to find a church,” she said. “I would like to see that people see what we’ve done, what we’re doing, and then they can replicate and do it in their towns.”

To find out more about the Springtown-area Neighborhood Ladies Group, join the Facebook group at www.facebook.com/groups/296146285487411.



Teresa Frazier takes part in the conversation at the Springtown Area Neighborhood Ladies Group’s Coffee Klatch on March 7.

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3. Better Circulation.

Restricted blood flow, a common problem after an injury, makes it dif-



ficult for white blood cells to reach the damaged area. White cells repair damaged cells and are essential for healing. The combination of chiropractic treatment and massages improves blood circulation, which helps you feel better sooner.

4. Fewer Headaches.

Do headaches interfere with your work, hobbies, or family life? Headaches can be caused by subluxations in the vertebrae in your neck. Spinal manipulation realigns the vertebrae while massages soothe tight, painful muscles in your neck, head, and shoulders. Chiropractic treatment and massages are effective in treating many types of headaches, including tension, cluster, and migraine headaches.

5. Less Stress.

Stress is a common complaint of workers throughout the world. In fact, 43% of employees reported feeling stressed in Gallup's 2021 State of the Global Workforce report. Luckily, a visit to the chiropractor offers an all-natural solution to stress. Chiropractic treatments loosen joints and muscles tightened by stress, while massages relax the muscles even further. Once

your muscle pain eases, you're bound to feel less stressed. Treatments also reset your nervous system, trigger endorphin production, and decrease the "fight or flight" adrenaline response that happens when you're stressed.

6. A Natural Treatment for Insomnia.

Sleeping well is difficult if your back hurts or you're struggling with stress or anxiety. Chiropractic treatments and massages ease pain and stress, helping you sleep better. Massages also prompt your body to release serotonin, a hormone that controls your moods and helps you feel calm and relaxed.

7. Less Inflammation.

Inflammation slows healing and could be the reason that an injury is taking longer than expected to heal. It also plays a part in many general health conditions and diseases, including arthritis, asthma, allergies, type 2 diabetes, heart disease, dementia, cancer, and inflammatory bowel disease. Spinal manipulation, massages, and other therapies your chiropractor offers can decrease inflammation and may reduce your risk of serious health issues.

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