

West Forsyth High School — Class of 2023

2023 Class of Graduation
congratulations
 WEST FORSYTH HIGH SCHOOL

Animal Ark Veterinary Hospital
 3513 Lawrence Street,
 Clemmons
 (336) 778-2738

Black Sand
 Sand, Gravel &
 Landscaping Materials
 745 W. Clemmons Road,
 Winston-Salem
 (336) 788-6411

Goin' Postal
 • FedEx • UPS
 • US Postal Service
 • Copies • Faxes
 6255 Town Center Drive,
 Clemmons, NC 27012
 (beside Mossy's)
 (336) 712-0505

Vogler & Sons Funeral Home
*Funerals • Cremations
 Advance Planning*
 2849 Middlebrook Dr.,
 Clemmons
 (336) 766-4714

TO ADVERTISE YOUR BUSINESS ON FUTURE PAGES LIKE THIS PLEASE CONTACT 336-766-4126

West Forsyth High School — Class of 2023

Congratulations

Grads and Dads!



Citizen Watches

30 to 50% OFF



2503 Lewisville-Clemmons Rd. Clemmons, NC (beside Loves Foods) (336) 766-8505

Congrats!
You did it!

We SALUTE the CLASS of 2023!



COME WATCH YOUR TEAM ON ONE OF OUR 35+ TVs!

Best DRINK SPECIALS In Town!

MOSSEYS

Eats - Drinks - Spirits

6235 Towncenter Drive, Clemmons Ph. (336) 766-7045

www.mossysclemmons.com

West Forsyth High School — Class of 2023



*Congratulations
to the Class of 2023
including our
EMPLOYEE GRADUATES!*



Emerson Lowrey
West Forsyth Graduate
attending ASU



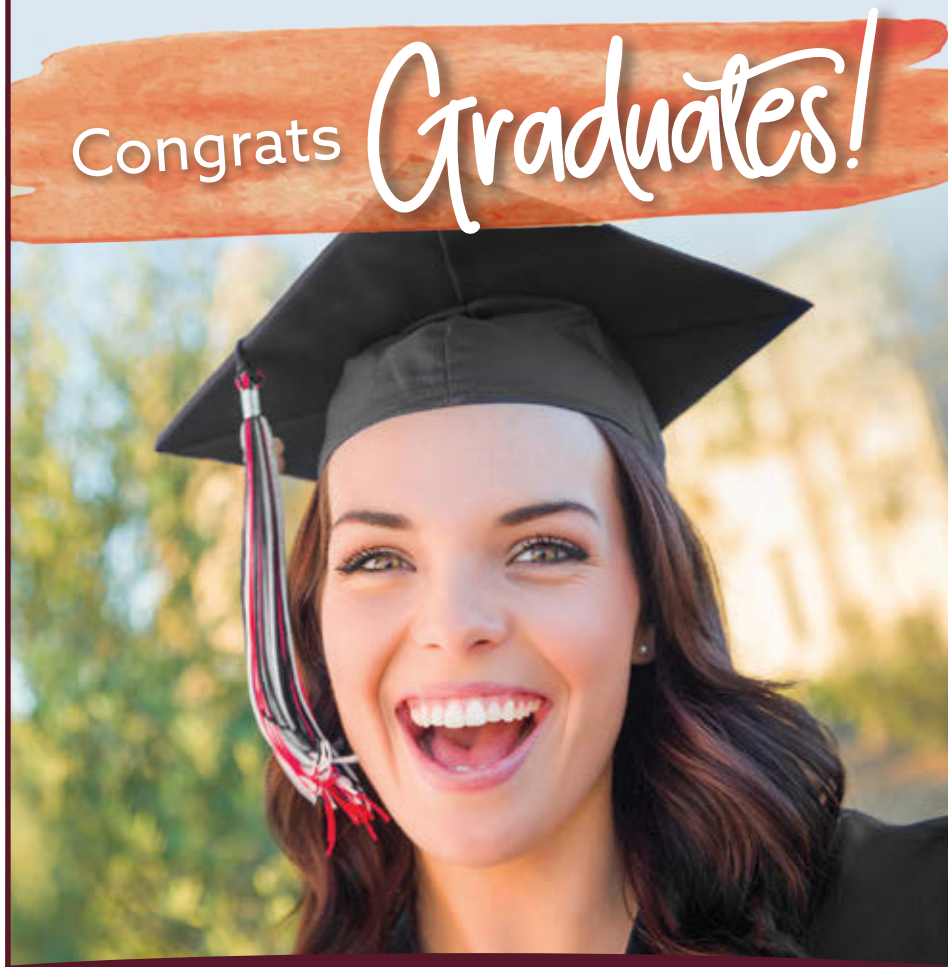
Emmy Sloane
Davie High Graduate
attending UNC Chapel Hill

*HipChics
Boutique*

and

hipchics formalwear
HIC
AND VILLAGE TUXEDO

2668 Lewisville-Clemmons Road | Clemmons, NC 27012
336.766.8122
www.hipchicsboutique.com



**60-Minute Custom
Massage Session or
LaVida Signature Facial**

\$69.95

First-time guest only. Sessions include time for dressing & consultation.

LaVida
massage

CALL OR BOOK ONLINE
LaVida Massage of Clemmons
LaVidaMassageClemmonsNC.com
336.766.0622 | @ f

Extended Hours | Licensed Therapists | Gift Cards Available | Franchise opportunities available visit: LaVidaMassageFranchise.com

West Forsyth High School — Class of 2023



Do you have spare time and compassion?

Volunteers Needed.



A little of your spare time can make a world of difference to those we serve. All you need is a desire to help patients and families feel comfort, connection, peace of mind, and dignity.



TrellisSupport.org

Winston-Salem • 336-768-3972

Congratulations Graduates!

Lewisville Family Counseling would like to congratulate the

West Forsyth High School Class of 2023.

We wish you every success in your future!

CALL US - We are here to help support you through the next phase of your life!



6614 Shallowford Road, Suite 250
Lewisville, NC 27023 ph. 336-945-0137
LewisvilleFamilyCounseling.com

West Forsyth High School — Class of 2023

CONGRATULATIONS
Class of 2023

cf1 CLEMMONS FAMILY LAW
DIVORCE | CHILD CUSTODY | CHILD SUPPORT

KYLA SIPPRELL
ATTORNEY

HOLLY M. GROCE
ATTORNEY

THE HISTORIC BROYHILL
3540 CLEMMONS ROAD, SUITE 053
CLEMMONS, NC 27012

TEL 336-766-2222
www.clemmonsfamilylaw.com
@clemmonsfamilylaw

A SALUTE TO EXCELLENCE
*Congratulations on your Graduation.
We wish you the best!*

Lindsay & Gardner *CPAs, PLLC*

Amy S. Gardner, CPA, CGMA Amy@Lindsay-GardnerCPAs.com

Teresa B. Lindsay, CPA, CGMA Teresa@Lindsay-GardnerCPAs.com

www.Lindsay-GardnerCPAs.com

104 Stadium Oaks Drive • Clemmons, NC 27012 336-712-1788

Congratulations
Class of 2023

Joe's *Family owned and operated*
LANDSCAPING & NURSERY CO.

Now is a great time to brighten up your yard with new plants and lots of color!

705 Lasley Road, Lewisville | 336-766-6513
www.joeslandscapingandnursery.com

Congratulations
and **Good Luck!**
We Are Proud of You!!!

Your Friendly Neighborhood Shipping Center
FedEx • DHL • US Postal • UPS


336-712-0505
6255 Towncenter Drive,
Clemmons
(located beside Mossy's on Lewisville-Clemmons Road)

Notary Public • Fax • B&W and Color Copies • Mailbox Rentals • Stamps
Shredding Services • Shipping Supplies • Greeting Cards • Passport Photos

West Forsyth High School — Class of 2023

 Elizabeth Scott	 Jordan Scott	 Khaleel Scott	 Genesis Segovia	 Madelyn Selby	 Joshua Sellers	 Collin Setzer	 James Severt	 Pierson Shaw	 Sierra Shaw	 Anna Shore	 William Siceloff
 Minna Siddiqui	 Brent Siebsen	 Alan Simons	 Corey Sink	 Caleigh Sipprell	 Abby Smith	 Aidan Smith	 Jonta Smith	 Owen Smith	 Roland Smith Jr.	 Savanna Stain	 Evangeline Stanbury
 Aiden Stanfeld	 Ron Dasia Stephens	 Wyatt Stephens	 Gabrielle Stevenson	 Peyton Stiller	 Avery Strickland	 Nickolas Styers	 Damon Summerlin				
 Jackson Sutton	 Zuri Sweat	 Andrew Sweet	 Lillie Swindle	 Eli Tate	 Grayson Taylor	 Brian Tello	 Mariah Thomas				
 Quivon Thomas	 Justin Tiddy	 Caroline Timbinaris	 Isabella Tisdale	 Theodore Toland	 Daileny Torres	 Charles Tripp III	 Emma Tuggle				
 Sarah Turner	 Adrian Ufret-Benitez	 Gabriel Ufret-Benitez	 Rebecca Umfress	 Arturo Valderrama	 Ahmar Van Eaton	 April Van Eaton	 Jaylin Van Noy				
 Bryce Van Staden	 Jadis Vang	 Montserrat Vazquez Olmedo	 Lucia Venegas	 Jackson Verseman	 Macy Vest	 Caroline Vigil-Juanchi	 Karen Villatoro De Leon				

Best of Luck to the Class of 2023!



New Coffee Shop
Designed For Book Lovers — and — Young Families

6770 River Center Drive, Clemmons, NC
Hrs: Mon.-Sat. 6:30am-12:30pm • Closed Sun.

Congratulations Graduates from Clemmons Country Store

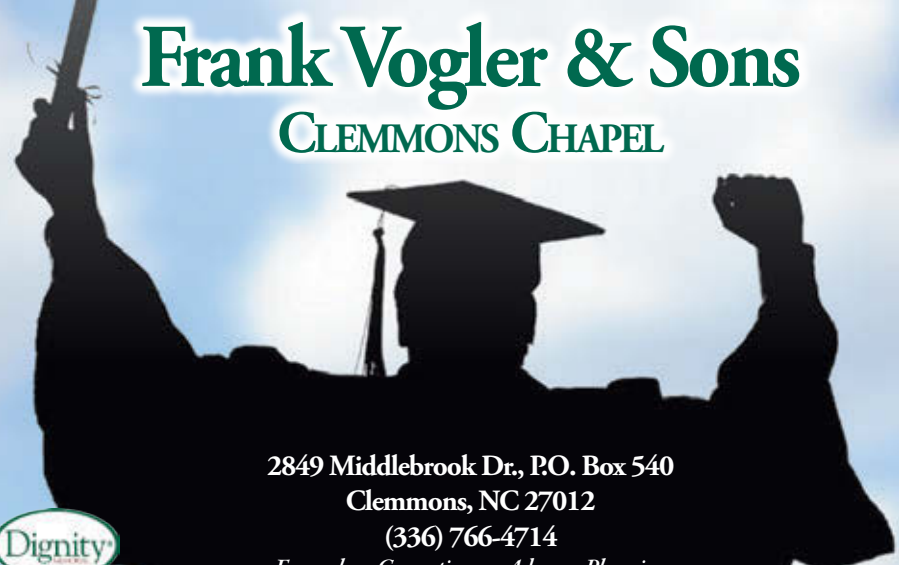


2690 Lewisville-Clemmons Road • Clemmons, NC
336-766-8988
www.clemmonscountystore.com

CONGRATULATIONS TO THE CLASS OF

2023

Frank Vogler & Sons
CLEMMONS CHAPEL



2849 Middlebrook Dr., P.O. Box 540
Clemmons, NC 27012
(336) 766-4714
Funerals • Cremations • Advance Planning

GOOD LUCK Graduates!

May your futures be truly bright.



CAROLINA 336-766-4447
PET PLACE

2645 Neudorf Road
Clemmons, NC 27012
Find us on FACEBOOK

Boarding & Grooming

www.carolinapetplace.com

BEST DEAL OF THE SEASON!

Congratulations Graduates!

DON'T WAIT! COME IN TODAY!



SPARTAN MOWERS

Spartan Mowers starting at **\$4,489⁰⁰**

Before You Buy Anywhere Else, Ask Where You Get Service Done!



JACK'S NEW GRASS



MADE IN USA

OUTDOOR EQUIPMENT SALES & SERVICE
www.jacksnewgrass.com

336-712-9977 • 4798 Kinnamon Rd. at I-40, Winston-Salem

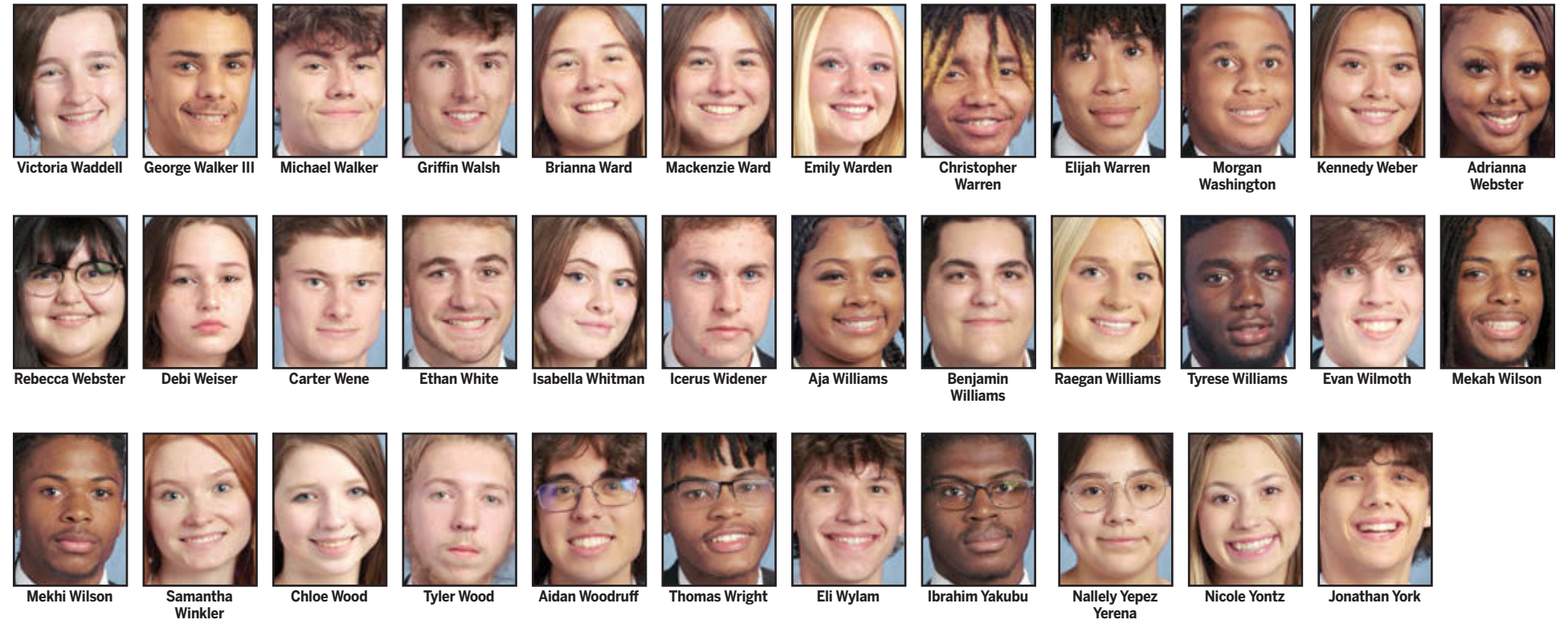
BEST WISHES TO THE CLASS OF 2023!!

Let Fraleigh's Boutique update your wardrobe with the latest fashions & accessories




2626 Lewisville-Clemmons Rd., Clemmons • 336-766-7440
www.fraleighsboutiquenc.com

West Forsyth High School — Class of 2023



Not pictured

Erick Avila-Carrillo
Bryson Bass
Elizabeth Bates
Desmond Burnell
Johan Cespedes Sanchez
Legend Edwards

Jose Gonzalez-Martinez
Jeremy Lefler
Katherine Marin-Duarte
Colby Marino
Jaris Martinez-Parral
Cecilia Melendez-Zelaya

Kenneth Missigher
Edwin Mora-Erazo
Leona Nguyen
Evelin Noyola-Alcoser
Brandon Pascasio Avila
Marilyn Reid

Merelyn Rodriguez-Carmona
Karen Serrano
Anthony Smith Jr.
Collin Smith
DaShawn Turner-Archer
Gretchen Vestal

Kenneth Watson
Andre White Jr.
Jewel Young



Gwen Rominger smiles as some customers check out plants at her booth.



Keishia Rodriguez, with husband Henry looking on, offers a bread sample to a customer at the Clemmons Farmers Market.

Photos by Jim Buice

BREAD

Continued from 1A

me.”

Now, in addition to Clemmons Country Store, her bread can be found in these locations: Buie’s Market in Winston-Salem, MawMaw’s Market and Junktique General Store in Kernersville, Honeybell’s Old Country Store in Lexington and The Just Plain Country Store in Walnut Cove. More stores are in the process of joining the crowd.

Kiki’s Kitchen also does desserts, grazing tables and more — providing wholesale, retail and catering in the Winston-Salem area.

At the Clemmons Farmers Market, there is typically a steady stream of customers eager to pick up sourdough bread loaves of favorites such as Jalapeño Cheddar (the best seller), Poppy Seed Onion (her personal favorite), Cinnamon Raisin and many more.

Actually, the overall business was started in 2020 when Rodriguez got laid off from her full-time job in the medical field due to COVID. She turned to her passion for “cooking, feeding and loving people” to work for her family, creating Kiki’s Kitchen. That included family dinners, catering, empanadas, Spanish food and baked goods.

However, when she contracted COVID in December of that year, everything was put on hold, including her dream of large-scale catering

when she lost her sense of taste and smell.

After being reawakened in a church sermon in January when she was challenged “to get up off your talents and gifts God gave you, and not just me but as a family, which is servitude, feeding and loving, so I’m like, ‘OK, God,’ and I went home because I felt like I had been pushed out of my chair at church. And I put the bread on Facebook. That’s all I did, and here we are.”

While Rodriguez continues to work in clinical research with a primary focus in cardiology and has more than 23 years in the field, this latest endeavor includes Henry, her husband of more than 25 years, and Gabriel, who the couple adopted when he was three. Gabriel is now almost 16. (They have four older children and seven grandchildren.)

“(Gabriel) strives for greatness and has totally fallen in love with this bread business and loving on people with his gifts,” Rodriguez said. “We are three people with a desire to serve and love people with food.”

Rodriguez has been what she calls the primary breadwinner (pun intended) for years since Henry was diagnosed with stage-4 cancer in 2009. Although, as she says, “he and God won the battle,” Henry was left disabled with heart failure and other health issues.

Both Henry and Gabriel do their part to help out with the business. In fact, Rodriguez commented that Gabriel sometimes “gets up at 4 a.m. before school and helps bake bread.”

She broke down the details of an ordinary week to prepare for store

deliveries and the farmers market.

“We bulk bake on the weekends,” Rodriguez said. “Saturday night, we make the dough, and Sunday morning before church, roll dough out into the flavors. Sunday night, we bake, and it gets delivered on Monday to the stores. Then on Tuesday night, we make dough, and on Wednesday morning at 4 a.m. before I have to go in to work, we roll out the loaves. Wednesday night, we bake and take him to church. We come back and pack up the cool bread, and then it gets delivered on Thursday. We only deliver twice a week. We have to buy extra time in the kitchen to prepare for (the farmers market), but our bulk is Tuesday, Wednesday, Saturday and Sunday, so the bread hits the shelves less than 12 hours out of

the oven. It’s God’s story. I’m just here to share it.”

Rodriguez said she would like to do other things, but there aren’t enough hours in a day.

“I want to do some pastries, but the bread keeps us so busy,” she said. “It’s just hard to find the time doing all of this between a 40-hour job and taking care of my family. It’s not about me. But I did hear God tell me I had to do the hard. So I’m here doing the hard.”

The original sourdough bread is made with six ingredients — distilled water, potatoes, sugar, oil, salt and KA Special Patent Flour.

“Our bread starts with a potato-based starter that naturally ferments wild yeast,” Rodriguez said, adding it is all handmade with no preservatives.

Even without a sense of taste and smell, she can make bread because it’s a “scientific recipe.”

The bread lady, Henry and Gabriel plan to be at the farmers market 10 Saturdays this year.

“We’re moving too fast already,” she said about the hectic schedule. “We’ll be here at least once a month. We’ll see where it takes us. There are blessings in this. It isn’t about the money. God has been so good to us.”

•••

In addition to Kiki’s Kitchen, there are 10 other new vendors in 2023, including Sunny Dayz Plant Nursery.

Gwen Rominger and her husband Brad, who has a background in landscaping, both grew

up on farms and have been around plants their entire lives, but they just started their business in Davidson County — off Frye Bridge Road in Arcadia — in 2022.

“We have wanted to do this forever until last year, when we finally said, ‘Let’s just do it. We’re not going to get any younger,’” Rominger said. “(Brad) would do custom cabinets, and he kind of wanted to get out of that. He actually manages the nursery during the week. I work for a law firm, so I’m doing my thing for now, and we’re hoping to grow it.”

They got the scoop about the Clemmons Farmers Market through a previous vendor and have been pleased with the decision to be a part of it.

“We have stayed pretty busy,” Rominger said. “We’re happy to be here.”

Sunny Dayz has “a little bit of everything” at the market, she said, including shrubs and trees, which “usually have the most dramatic impact on landscaping.”

The nursery in Arcadia has a 24 X 48 greenhouse and offers a variety of flowers, including perennials and annuals, trees, shrubs and vegetable plants.

The Clemmons Farmers Market, which is open from 8:30 a.m. to 11:30 a.m. each Saturday and runs through Oct. 7, has grown in popularity since moving to the present location at the Jerry Long Family YMCA in 2020 with 45 accepted vendors this year, including 14 of those being artisan vendors, and a waiting list to join.



Kiki’s Kitchen offers a variety of sourdough bread loaves including maple cinnamon.