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Volume 18, Issue 1 • June/July 2023 • The 380 Corridor's premier publication since 2005

THIS SUMMER

**EXPLORE EVERYTHING DENTON PARKS
AND RECREATION HAS TO OFFER**

**CONGRATULATIONS
DENTON ISD CLASS OF 2023**

**PORTO PERFECT
LEAVE YOUR BAGGAGE
AND LIVE IN THE MOMENT**

**DENTON COUNTRY AGRILIFE OFFERING
YOUTH SUMMER PROGRAMS**

Congratulations

to the Class of 2023 Braswell High, Denton High, Fred Moore High,
Guyer High, LaGrone Academy and Ryan High graduates!



**\$1.7
MILLION**

local scholarship
money awarded to
graduating Seniors

2

Latin State
Competition
Finalists

Gatorade National
Player of the Year

36

AP Scholars
with Honors

2

UIL One Act Play
All-Star Casts

4

TMEA All-State
Choir Members

3

National Merit
Semi-Finalists

108

UIL Academic
All-State
Athletes

102

Student Athletes
Signing Letters
of Intent

**1,106
GRADUATES**

with professional
or industry-
standard licenses
or certifications in a
variety of technical

**\$81.2
MILLION**

Earned in scholarships for the
graduates

48

Fine Arts Students
Signing Letters
of Intent

7

National Merit
Commended
Scholars

38

Enlisted or
Military
Commitments

16

Qualifiers for
International
Thespian Festival

4

Texas State Solo &
Ensemble Orchestra
Gold Medalists

3

Texas Dance Educators
Association All-State
Dance Members

71.2

percent of
Class of 2023 will be
attending a two-,
four-year college
or university

2

Senior Band Members
Elected to March
with Drum Corps
International

57

AP Scholars
with Distinction

11

American Sign
Language Honor
Society Laurel Leaf
Model of Excellence
Recipients

184

Members of the
National Honor
Society

118

AP Scholars

1

Broadway Dallas
Nominee for Best
Musical

5

Recipients of the
RHS Presidential
Volunteer Service
Award

10

Broadway
Dallas
Awards

65

Members of the
AFJROTC

**2,257
GRADUATING
SENIORS**

8

Inductees into
Daill & Scroll
International
Honor Society

20

UIL State
Academic
Qualifiers

5

UIL One Act Play
Honorable Mention
All-Star Casts

700+

National Honor
Society Volunteer
Hours

5

Under Armour
All-Americans

12

Schmidt and Jones
Musical Theatre
Awards
Nominations

23

UIL Athletic State
Qualifying Teams
or Individuals

22

International
Baccalaureate
Graduates



DENTON
INDEPENDENT SCHOOL DISTRICT

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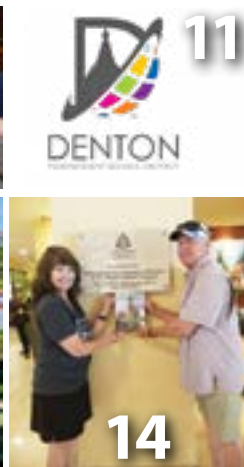


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ON THE COVER:

Enjoy cool times on hot days at Denton Water Works Park. Photo provided by Denton Parks and Recreation.



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First Friday Monthly Jam

January 6th	Deanie & Dave
February 3rd	Vince Lujan
March 3rd	Back Road Travellers
April 7th	Jason Elmore
May 5th	Greg Hargrove
June 2nd	Jerry Don Branch
July 7th	Shelly Justine
August 4th	Dwan & Phil
September 1st	Kerosene Drifters
October 6th	Peggy Houlihan
November 3rd	Anne & Tim
December 1st	Renegade
	(Year End Venue TBA)

DENTON COUNTY AGRILIFE

Offering Youth Summer Programs

By Steven Baringer



Denton County AgriLife is excited to announce its summer learning offerings for youth. The program provides a unique opportunity for children and teenagers to learn valuable life skills while having fun and making new friends.

AgriLife staff members and our volunteer groups, such as Master Gardeners and Master Naturalists, lead the summer programs. We currently have four offerings posted that cover a wide variety of topics for all ages. Let's take a look at each of them.

We are partnering with Denton Parks & Recreation on two programs: O'SWAt Camp and Farm to Table Camp.

O'SWAt, also known as Outdoor Science With an Attitude Camp, will be held June 26-29, 2023, for children

ages six to ten. Kids will explore the outdoor world with certified Master Gardeners and Master Naturalists. Each day, we will study a different aspect of outdoor science through horticulture and environmental science activities. The camp will be located at Clear Creek Natural Heritage Center in Denton. The camp costs \$75, and you can register directly through Denton Parks & Rec.'s website. The link is <https://bit.ly/3UIP9vv>.

The other program we are partnering on is Farm to Table, which will be held July 17-21, 2023, for children ages six to ten. During this week, we will bring the farm to your table! This camp will teach participants where their food comes from and how to prepare it for optional nutrition. Each day of camp will focus on a different food group. Participants will work in the garden, experience a mobile dairy,

and see livestock. Then participants will use simple cooking techniques to prepare food, using practical skills they will carry through the years. Camp is located at Denia Recreation Center in Denton. The camp costs \$75, and you can register directly through Denton Parks & Rec.'s website. The link is <https://bit.ly/3MTZUsR>.

Denton County 4-H offers two summer programs open to the public and our 4-H members.

The first one I want to share is 4-H & FCH One Day. This one-day workshop will teach you about the 4-H projects under the FCH (Family and Community Health) umbrella. Those projects include Food & Nutrition and Fashion & Interior Design. Through this workshop, you will gain hands-on experience and open your eyes to the world of 4-H. It is open to kids entering 3-12th grade at no cost. You can sign up on the Denton AgriLife website here: <https://bit.ly/41B36xA>

The last summer program I would like to share is Clover Kids Camp. Clover Kids is a group for kids not old enough to be in 4-H yet. This introductory camp will be full of fun, hands-on activities showcasing the various projects in 4-H. It will be held July 11-13, 2023, at the North Texas Fairgrounds. Registration is currently full, but you can email

steven.baringer@ag.tamu.edu to be placed on a waitlist to sign up. There is a \$10 supply fee associated with this camp.

Denton County AgriLife's summer programs are led by experienced and qualified instructors passionate about working with youth. The programs are designed to be fun, engaging, and educational.

According to Denton County 4-H Extension Agent Steven Baringer, "The Denton County AgriLife summer programs offer a unique opportunity for children and teenagers to learn new skills, make new friends, and have fun while doing it. We believe these programs will help young people develop life skills that will serve them well throughout their lives."

The cost of the summer programs varies depending on the activity and length of the program. Scholarships are available for families who may need financial assistance.

In conclusion, the Denton County 4-H summer programs provide an excellent opportunity for young people. These programs are designed to be engaging, educational, and fun and offer a range of activities to suit different interests. So, why not sign up your child today and let them experience the benefits of the 4-H summer programs?

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THIS SUMMER, explore everything



Playgrounds, recreation centers, sports leagues, and summer camps are just a few things that come to mind when we think of traditional parks and recreation. Experience something new this summer and join Denton Parks and Recreation for July's Parks and Recreation Month. We challenge

you to explore our parks, pools, and playground. Look beyond the facilities for unique and enjoyable opportunities that benefit all ages.

As community needs grow and expand, so do the programs and services offered by city parks and recreation departments. Traditionally the focus has been on

health and fitness programs and facilities, but that has surprisingly changed and grown to include experiences that are actively social and family-centric, as well as intergenerational.

With the support through participation, non-traditional opportunities continue to grow

Denton Parks and Recreation has to offer!



Here's a sample of events to expect this summer from Denton Parks and Recreation!

Celebrate Independence Day Together ✨

Grab your family and friends and join us for the 2023 Fourth of July Celebration. Kicking off the weekend, on July 1, you can participate in the 25th Annual Liberty 5K Run or 1-Mile Walk. Make a day of it, walk or run in the morning and stay for the parade right after! Then come join all the festivities on July 3 at the Jubilee Festival! Consider participating in the Hot Dog Eating Contest or enjoy live music, food trucks, inflatables, carnival games, and lots of fun.

Dive into Summer ✨

Don't miss out on our Dive in Movie series at Water Works Park on June 9 and July 7. Bring your



and serve as a means for youth to engage both physically and emotionally and for adults to socialize with youth and actively participate.

family and enjoy floating in the wave pool while watching a great film. With movies for the whole family this is sure to be a splashing good time!

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continued from page 7

Big Wave Day 🌊

If you haven't discovered the wave pool at Water Works Park, then this summer is the perfect time! It's just the right mix of fun and relaxation as the waves differ in size and flow between cycles. The park is also home to four giant waterslides, two toddler slides, a children's play pool, a lazy river, sand volleyball, cabanas, party pavilions, and more!

A Swimming Good Time 🌊

Swimming is a life-saving skill for children and a vital tool to prevent drowning, the number one cause of death for U.S. children ages 1-4, and second leading cause for children 5-14. Be apart of the drowning prevention and join us at the Denton Civic Center Pool for the World's Largest Swim Lesson Day! Learn simple steps that could help protect your family this summer!



Get Down and Dirty 🌱

Community gardens cultivate lifelong lessons about the origins of what we consume and foster the desire for healthy, fresh eating. For some families, a community garden with rentable plots is the only chance they have for growing their own fruits and vegetables. The community garden at Bowling Green Park in Denton is a great example of how parks and recreation has grown outside of the box and encourages families to cultivate new outdoor experiences.

It's Yappy Hour Somewhere 🐾

Grab your four-legged companions and join us at the North Lakes Dog Park on June 2 for Yappy Hour. Enjoy an evening of fun, food, and furry friends! Don't miss out on the array of food vendors and pet treat vendors who will be serving a variety of pet friendly goodies! 🌟





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Congratulations, Denton ISD Class of 2023!

Over the last 13 years since the Class of 2023 started kindergarten in 2010, Denton ISD has grown exponentially. In that span, there has been a 40 percent increase in student population – with more than 32,500 students currently enrolled.

The Class of 2023 has seen Denton ISD grow firsthand, and the district has seen this year's graduating seniors blossom, as well. This year's graduating class is the largest in Denton ISD history, with 2,257 seniors crossing the stage.

Along with being the largest graduating class in district history, this year's seniors also set another impressive record – collecting a total of \$81.2 million in scholarships. That \$81.2 million is the largest sum of scholarship money ever collected by a Denton ISD graduating class.

Athletically, 102 students signed letters of intent – including five Under Armour All-Americans and the Gatorade National Player of the Year, Guyer quarterback Jackson Arnold. Denton ISD also had 102 UIL Academic All-State athletes and 23 UIL athletic state qualifying teams or individuals.

In fine arts, 48 students signed letters of intent. The Class of 2023 also had 10 Broadway Dallas awards, 12 Schmidt and Jones Musical Theatre awards, four Texas State Solo and Ensemble Orchestra gold medalists and the Class 5A UIL State One Act Play Best Performer. There were also three Texas Dance Educators Association all-state dance members and two seniors who were selected to march with Drum Corps International.

Another impressive feat for the Class of 2023? Nearly half of this year's graduating class have received professional or industry-standard licenses or certifications in a variety of technical fields. That represents 1,106 graduates who will be leaving Denton ISD ready to enter the workforce.

In addition, there are 38 seniors who are enlisted or have made military commitments and 65 members of the Air Force Junior Reserve Officer Training Corps (AFJROTC).

The Class of 2023 also shined in the classroom with 184 members of National Honor Society, 118 AP Scholars, 22 International Baccalaureate graduates and seven National Merit Commended Scholars. Twenty seniors also qualified for state in the UIL Academic competition.

Denton ISD congratulates all the members of the Class of 2023!

2023 Denton ISD Valedictorians and Salutatorians

Braswell High School

Total class size: 622

Haylei Alexis Brueggemann, 18, Valedictorian
Texas State University, Biochemistry

Afolake Ramat Dairo, 18, Valedictorian
Johns Hopkins University, Molecular and Cellular Biology

Hailey Madison Hyde, 18, Valedictorian
University of Texas at Austin, Mechanical Engineering

William Ty Mason, 18, Valedictorian
University of Texas at Austin, Biology

Reagan Wynn Netherland, 18, Valedictorian
University of Arkansas, Broadcast Journalism

Rapunzel Grace Ratliff, 18, Salutatorian
Texas Woman's University, Graphic Design

David Michael Withaeger, 17, Salutatorian
Texas A&M University, Aerospace Engineering

Denton High School

Total class size: 440

Hannah Youkyung Lee, Valedictorian, 18
University of Texas at Austin/Biology

Alizeh Azra Mubarak, Valedictorian, 17
Southern Methodist University/Pre-Law

Declan Emory Ayre, Valedictorian, 18
University of Texas at Austin/Major in Physics & Mathematics

Ammar Mandviwalla, Valedictorian, 18
Johns Hopkins University, Maryland/Neuroscience

Sabella Gray Smith, Valedictorian, 18
Tulane University, Louisiana/Neuroscience

Dylan Robert Lamb, Valedictorian, 18
University of North Texas/Mathematics

Tegvir Khela, Valedictorian, 18
University of Pennsylvania/Theoretical Physics & Economics
at the Wharton School of Business

Maya Daohang Huber, Valedictorian, 17
University of North Texas/Biomedical Engineering
& Music Performance, Cello

Kenta Fukuchi, Valedictorian, 17
University of Texas at Austin/Computer Science

Erika Anneliese Safranek, Valedictorian, 18
United States Air Force Academy, Colorado/Operations Research

Brianna Abigail Campuzano, Valedictorian, 19
University of North Texas/English

Corina Rose Pavelek, Valedictorian, 18
Georgia Institute of Technology/Environmental Engineering

Sergio Martinez-Gauna, Valedictorian, 18
University of Texas at Austin/Computer Science

Caleb Joseph Harold, Valedictorian, 18
University of North Texas/Music Performance

Pratiksha Yadav, Valedictorian, 18
University of Texas at Austin/Biomedical Engineering
with a focus on Biotechnology Startups

Olivia Marie Panella, Valedictorian, 18
Texas A&M University, College Station/Education

Caroline Elizabeth Sharp Landdeck, Salutatorian, 17
Trinity University/Undecided

Guyer High School

Total class size: 569

Antonella Sofia Echeverria, Valedictorian, 18
Johns Hopkins University/Pre-Medicine

Luke Reid Foreman, Valedictorian, 18
University of Texas at Austin for Business

Mandalyn Cheah Lee Greene, Valedictorian, 17
Baylor University/Biochemistry

Raul James Ortega, Valedictorian, 17
Texas A&M University/Biomedical Sciences

Suhas Ponnala, Salutatorian, 17
Texas A&M University/Biomedical Engineering

Brandon Stuart Rosengren, Valedictorian, 18
College/Major: Brigham Young University/Business and Marketing

Matthew Aaron Spivey, Valedictorian, 18
Wharton School of Business, University of Pennsylvania, Business

Carys Gianna Bell Stephenson, Valedictorian, 18
Texas A&M University/ Chemical Engineering

Sydney Alexis Wall, Valedictorian, 18
University of Chicago/Molecular Engineering

William Preston Weiper, Salutatorian, 18
The Ohio State University/Electrical Engineering

The LaGrone Academy

Total class size: 121

Isaac David Meza, Valedictorian, 18
Boston University/Computer Science

Andrew McBeth Larsen, Salutatorian, 17
Andrew is taking a gap year

Ryan High School

Total class size: 443

Janiah Grace Allen-Taylor, Valedictorian, 18
College/major: University of Texas Austin/ Government and Criminology

Luis Eduardo Barbosa Robles, Valedictorian, 18
University of North Texas/ Statistics

McKenzie Anne Keeling, Valedictorian, 18
U.S. Air Force Academy/ Aeronautical Engineering

Elva Chen, Valedictorian, 18
University of Texas Austin/ Business Management

Kara Grace Sprabary, Valedictorian, 18
Texas Tech University/ Nutrition, Pre-Medicine

Kelsey Taylor Head, Valedictorian, 18
University of Texas Austin/ Nursing

Zoe Kathryn Lenice Lindsey, Valedictorian, 18
University of North Texas/ BioChemistry

Carlos Manuel Febres Costa, Salutatorian, 17
University of Texas Dallas/ Mathematics

Katie Hoang Le, Salutatorian, 18
University of North Texas/ Biochemistry

Casey Adam Peeters, Salutatorian, 17
Texas A&M University/ Engineering



PORTO PERFECT!

Leave Your Baggage and Live in the Moment

By Jodie Linton-Prickett



Don't be surprised if your senses go on overdrive in Porto. It's okay if you can't stop turning your head to take in all of the natural beauty, adorned with architectural delights. Don't be surprised as your nose fills with the delectable aromas as you pass by bakeries and numerous outside dinners. It's completely normal if your tastebuds squeal with happiness as a glass of port flows over them. Your toes may tap as your ears appreciate the sounds of talented street musicians or music leaking out of Fado bars. With all of this liveliness it is almost impossible to be anywhere else but in the present.

and had mentioned it would be nice if I could join her. I had already planned on visiting her in Oregon, but the flights to her city were remarkably expensive with excruciating layovers in Portland. After crunching the numbers, I could rationalize meeting her in Lisbon, Portugal rather than flying to her casa on the West Coast.

Excitedly, I purchased my ticket to Portugal, almost last minute, yet still got a fairly good deal. I was so thrilled about this adventure with my lifelong friend that I almost forgot how much I disliked Lisbon from a former visit. Before I dive back into dreamy Porto,

Porto, Portugal, atmospheric and captivating, it is a place to lose yourself. A city where you can live freely in the moment and leave all your worries behind.



This historic city is embraced by the Atlantic Ocean and the Douro River, built on lush rolling hills, dotted with terraced landscaping, red tiled roofs, all linked together with extravagant expansive bridges. This vibrant municipality has it all. It offers giant tree lined boulevards, quaint cobbled backstreets, and winding pedestrian areas filled with restaurants, bars, shops and art galleries. There are even hidden ancient cobblestone stairs that meander from the top of the hill to the bank of the river. Everyone seems friendly in Porto, maybe because they are experiencing such a lovely place.

After extensive international travel over the winter holidays, another getaway was not on my radar. Especially not to Portugal, but if you know me, I have a passport, will travel; particularly if the right opportunity presents itself. Out of nowhere, a fabulous getaway was beckoning me, and away I would go. My best childhood friend, Margee, was traveling solo to the Iberian Peninsula

let me mention, if you have been to Lisbon in the past and was not overly impressed, give it another go. The city has invested a lot into preservation and beautification. It is far more inviting than it was a decade ago. Lisbon has a lot to offer but Porto won me over. It's a city I can't wait to revisit.

When you go to Porto, it is easy to visit Lisbon and Porto on the same trip. There are several trains that will take you from city center to city center in about three hours. It is a lovely train ride, so reserve a window seat. You will understand why they call it the Silver Coast as your train follows the shoreline. The deep azure blue of the water reflects on the sky making for extraordinary views. As the sun hits the waves it seems to outline them in glistening silver. It is simply breathtaking.

When we arrived at the train station in Porto, we opted to use our Uber app to take us to our apartment. The app works perfectly there and we found it easier than dealing with

public transportation with our luggage, or deal with the line of ambitious cab drivers.

Margee had already planned the trip and booked an amazing apartment in the city center. I'm still salivating over it today; it could not have been more brilliant. It was perfectly located in the thick of everything, yet completely quiet at night. Immediately out our door was an abundance of restaurants, bars, and places to shop.

Dining in Porto is splendid. Everything we ate and drank was remarkably fresh and mouthwatering. The restaurants all had interesting concepts, fabulous atmospheres and designs, the service was impeccable and the prices reasonable. One thing you must try is the Pasties de Nata. This pastry is so scrumptious that you will miss them when you return home. Of course, while in Porto, you need

to enjoy a few glasses of port, a picture of sangrias, as well as their marvelous cheeses and seafood.

One of my favorite experiences was our visit to Livaria Lello, referred to as the most beautiful bookstore in the world. I'm not one to argue with this proclamation. It was built in 1906, in an Art Nouveau and Neo-Gothic style, it is sure to wow! It is located in the Clerigos District on Rua das Carmelitas 144. You will need a ticket, which costs about \$5.00, however, we received the ticket price back with any purchase. Yes, we left with books in tote.

Margee and I spent most of our time meandering through the city, popping in and out of shops, eating long leisurely brunches and late-night appetizing dinners. We enjoyed the river panoramas as we



sipped on Portuguese wine, or Taylor's Port made right across the river, cellars in view. It was Porto Perfect!

Porto offers boundless possibilities, for everyone. There are river cruises, bus tours, museums and historical monuments to explore. If you like, you can ride a funicular that takes you to the top of one of the hills with winding paths to walk back down. Try the port, you can visit one of the several port cellars, some are over 300 years old. Porto also presents a lively art scene including ample public art, tasteful street art and galleries proliferate the districts. There are pristine parks and greenspaces abound. You can walk by the seaside, take a swim, or cross the pedestrian bridge

spanning the river. Here, in Porto, you can make your experience uniquely your own.

If you are looking for a fabulous place to get away from it all and enjoy living in the moment, experience Porto. Pack your bags, show up without a plan and just see where your journey leads you, you can't go wrong. The only thing you must bring with you are good walking shoes and an appetite for adventure. —



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You Can Take It With You



Margee Borgeson and Jodie Linton-Prickett took their 380Guide to Lisbon, Portugal.



Samie Shelby and her husband Robert took their 380Guide with them to Hacienda Tres Rios near Playa Del Carmen, Mexico.

Would you like to be in the next issue of 380Guide? If so send us your photo with your 380Guide to YouCanTakeItWithYou@380Guide.com

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STAR MEDICAL ASSOCIATES
COMPASSIONATE, COMPREHENSIVE AND EXCEPTIONAL CARE

Aging and Wellness

- Bio-Identical Hormone Replacement and Testosterone Therapy for Men and Women
- Physician supervised weight loss treatment

Chronic Disease Management

- Diabetes
- High Blood Pressure
- High Cholesterol
- Heart Disease including Heart Failure
- Allergy & Asthma
- Thyroid Disorders
- Depression & Anxiety
- Sleep Disorders
- Bone & Joint Disorders

Preventative Screening

- Annual Physicals
- Well-Woman Exams (Pap Smear)
- Well-Male Exams (Prostate Exam)
- Skin Cancer Screening
- Breast and Colon Cancer Screening
- Vaccination Counseling
- Pre-Operative Evaluation & Clearance

Minor Procedures and Diagnostic Services

- Skin Biopsy & Pre-Cancerous Mole removal
- Cryo Therapy • Spirometry • EKG • Bladder Scan

✓ Open on Saturdays at Frisco Location

✓ Most Insurances including Medicare are welcome

✓ Same day appointments

~Two Locations~



Denton 940-382-6900

Frisco 469-301-2300

4206 North I-35
Denton, TX 76207
Fax: 940-382-1005

2440 Timber Ridge, Ste. 104
Frisco, TX 75034
Fax: 940-382-1005

380 Guide

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Whether you are a do it yourselfer or need assistance our family is here to help!
Local Family Owned and Operated • Insured • References Available