

SO

SPRINGFIELD'S OWN
MAGAZINE

SPRINGFIELD CELTS RUGBY CLUB

Over four decades
strong on the pitch in
Springfield



MIDSTATE MAYHEM ROLLER DERBY

Fast-paced community, culture
and charity on wheels

BOYS & GIRLS CLUB OF SPRINGFIELD

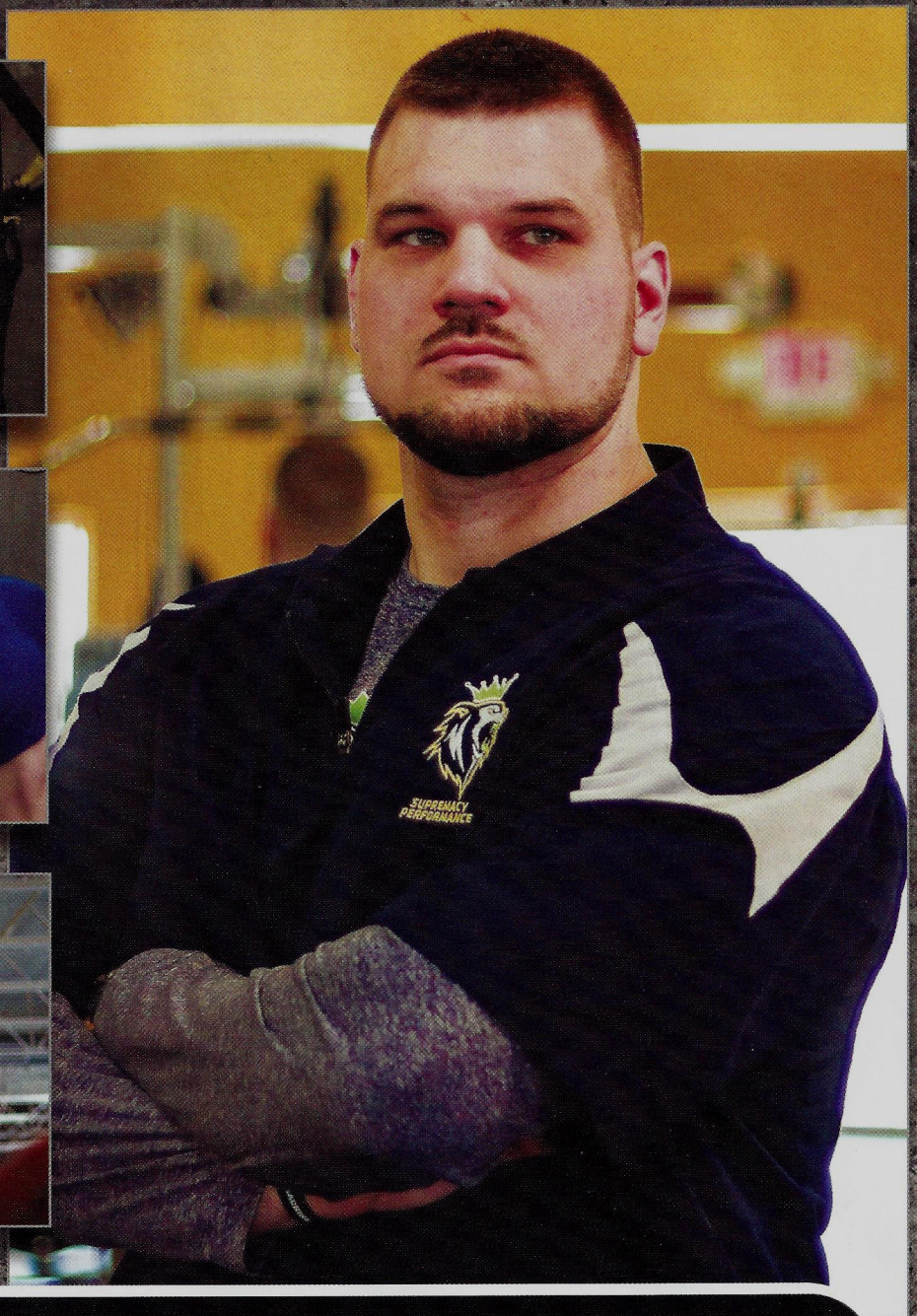
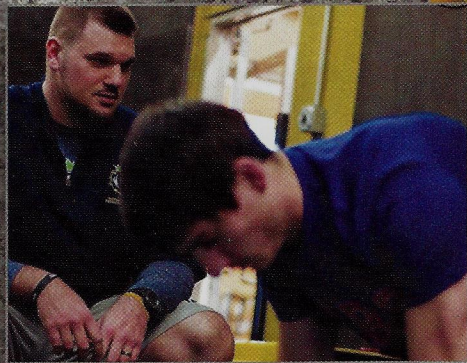
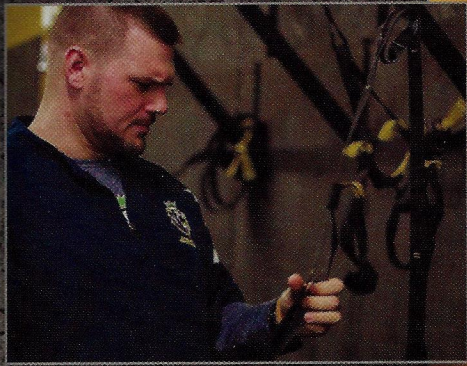
Inspiring and enabling
Springfield youths

Famous
person
on
pg. 37!
Enjoy!
KAY CLOSTER

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JOSH WAGGONER

Supremacy Performance

Slow but steady is Josh Waggoner's training approach.

"Quick fixes are never going to stick," Waggoner observes. Instead, he focuses on helping clients to become conscious of their actions and build healthy habits outside and beyond their time with him.

Waggoner's mark of success? "How well do they keep doing after (training with) me? They do all the work.

I'm just a guy in their corner showing them, 'Hey, you can do this.'"