

Spring

A Creative Odyssey
By Shasta Sovereign
March 2025

Participants

BIG VALLEY HS

Isela E 5
Allison E 6
SaraRose 7

BIG VALLEY YOUTH

Alise E 8
David M 9
Isabella A 10
Raelyn J 11
Wyatt B 12

BURNEY HS

Emilie M 13
Ivy T 14
Jocelyn M 15
Shalynn W 16
Tiana V 17

BURNEY YOUTH

Freya K 18
Idun K 19
Natalie R 20
Sasha M 21

LOST RIVER HS

Krystel F 22

MT LASSEN CHARTER SCHOOL

Brooke H 23

MT SHASTA HS

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Dear Reader:

Do you feel it?

Spring is right around the corner. After spending several months in hibernation, most of us are ready to spring into spring.

But what are we springing into? What do you hope to nurture in this new cycle? What will blossom from your tender care? What will it look like when fully actualized? What paths were taken? Is there really free will in our life? Or do we go to forks in the road and make the best choice?

On the following pages, you will see the various interpretations of spring from various walks of life. You will see many entries from high school students across our North State. You will also see many entries ranging from young children who are new to spring, to our wise elders who have experienced many springs. There may be many commonalities, but there may be some differences as well.

Regardless of the interpretation, spring is a time for summoning new energy to realize the potential we have within.

If inspired from the following pages, what will be unlocked in you? We urgently look forward to your growth.

In Inspiration,

Shasta Sovereign



Awards

This year, we wanted to host a contest to involve the community at large. In the past, we have done high school specific contests. This time, we still contacted high schools across Siskiyou, Shasta, Lassen, Modoc and Trinity counties. But we took it a step further. We put up flyers in our local art store Velvet Elephant (in Mt Shasta), in our local fabric store Weston's (in Mt Shasta), in Mt Shasta Library, and in Mountain Valleys Health Center Clinics.

We realize it is very difficult to judge art, in which participants pour their heart and soul in their creations. However, we could not find other motivations besides cash prizes for inspirational art. We value all entries to this publication. But without further delay, below are the entries with which we resonated with the most:

1st place:

Grace C, Yreka High School
Addie F, Tulelake High School

2nd place:

Isela E, Big Valley High School
Himalya V, Northern United Charter School
Thalia G, Tulelake High School

3rd place:

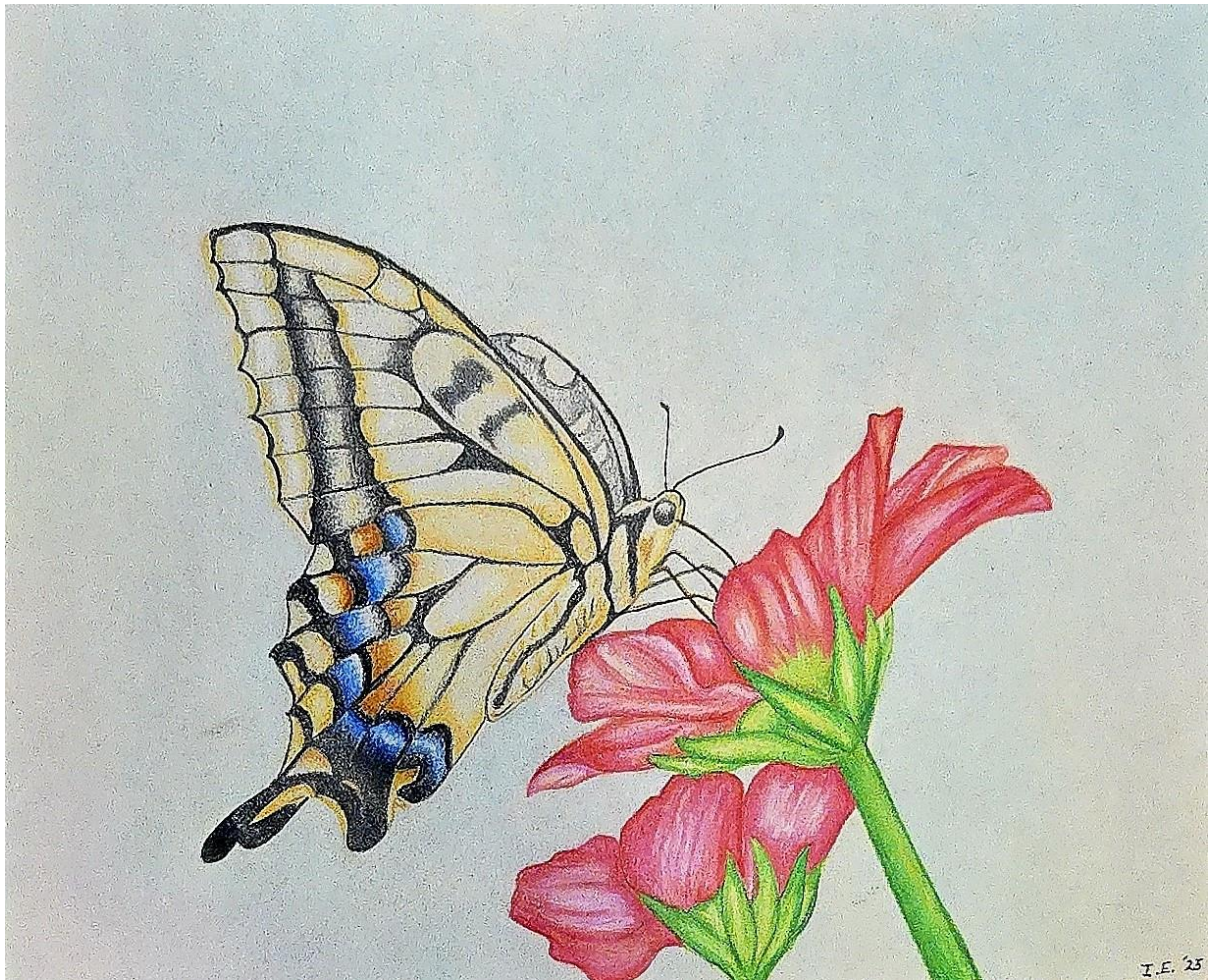
Jocelyn M, Burney High School
Charlotte P, Mt Shasta High School
Zoe C, Mt Shasta High School
Elleanna C, Yreka High School

Several participants from the community and elementary schools did exceptional work and will be given notable awards.



Emerging into Spring

By Isela E, Big Valley Jr/Sr High School



It's color pencil on paper, with a slight watercolor wash background.



The Lily of the Valley

By Allison E, Big Valley High School



The Lily Of The Valley is one of the prettiest flowers in the whole world. It has symbolized the "return to happiness" for years by people, yet it is one of the most poisonous flowers in the world.



Growing out

By SaraRose, Big Valley High School



Seasonal depression can leave someone with the feeling of being trapped inside themselves. Making it hard to grow in such a limited mental space. However, when the sun begins to greet our body with a warm smile, we can feel the clouds above our hearts lift. The suffocating cold abruptly ends. The warm ground, welcoming to stretch for the blue skies above, to allow ourselves to grow into our new emotions and self. The tears you have shed only watered new opportunities to sprout.



Sunset in Bloom

By Alise E, Big Valley Jr High school, 8th grade



Colored pencil on paper



Wonder Bear

By David M, age 9, Big Valley intermediate school





The Ranch in Spring Time

By Isabella Anne A, age 11, Big Valley Elementary



I used pencils, markers, and crayons to color my picture. I hope you like it.



Spring

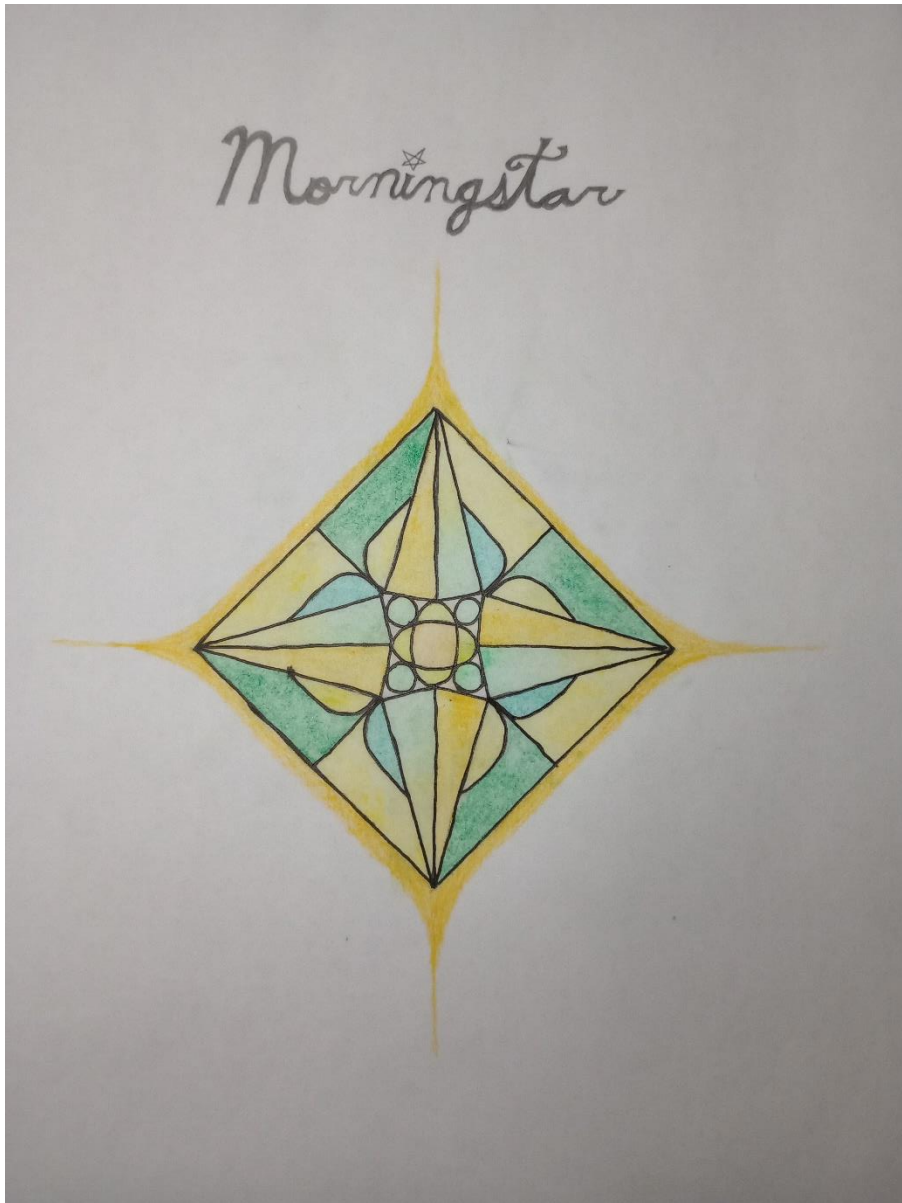
By Raelyn J, Big Valley Jr High School





Morningstar

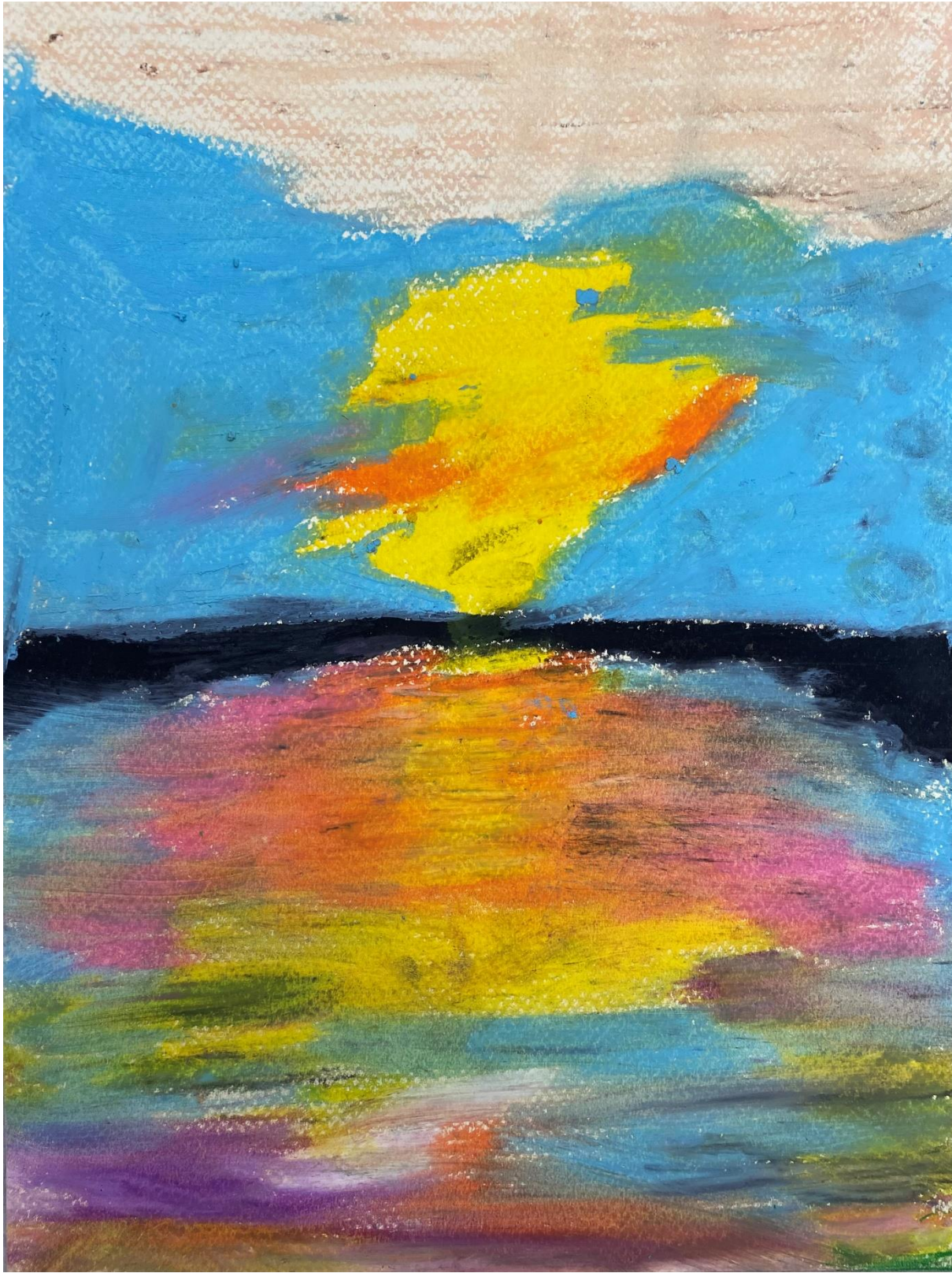
By Wyatt B, Big Valley Jr High School





Spring Sunset

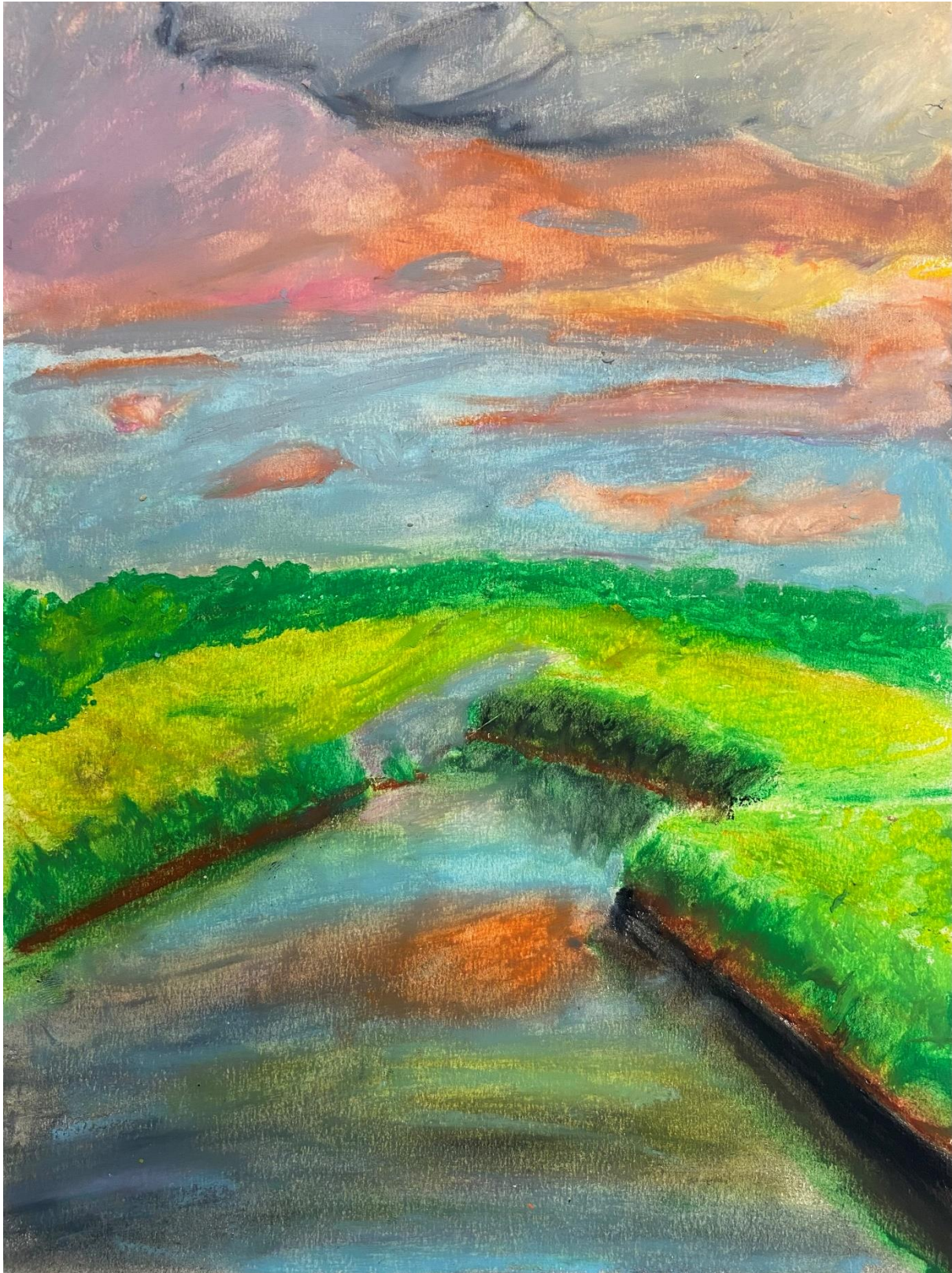
By Emilie M, Burney High School





Riverside Sunrise

By Ivy T, Burney High School





Sparrow in Spring

By Jocelyn M, Burney High School





Field Note

By Shalynn W, Burney High School





Spring Fairies

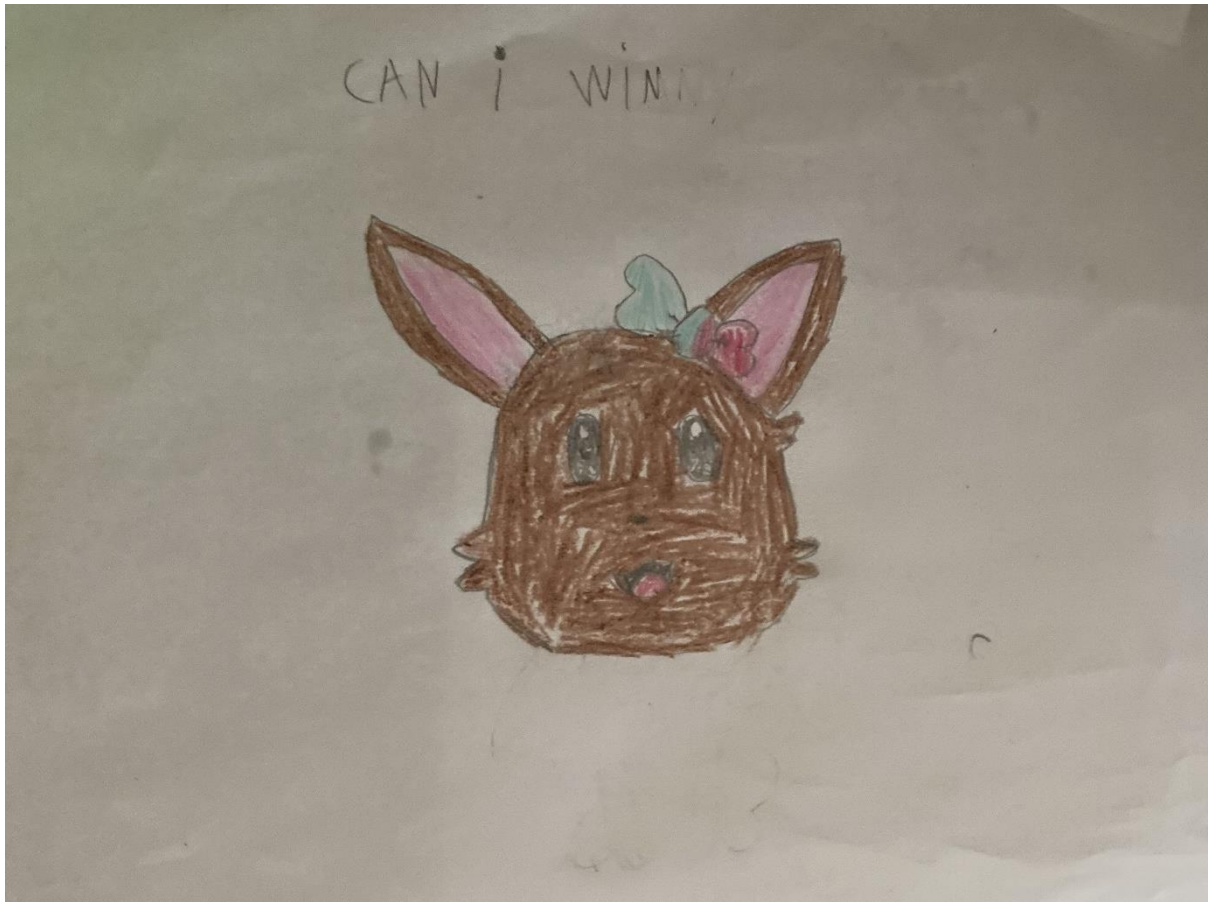
By Tiana V, Burney High School





Eviee

By Freya K, age 10, Burney



This is Eviee, she is my favorite. She can transform into anything. I drew her with a bow because she is so cute with it.



Fun in the Sun

By Idun K, Age 7, Burney



My squishmellow loves to be outside she loves the flowers and the sun. She sits in the garden. We play all day long.



Spring flowers

By Natalie R, age 8, Burney Elementary





Spring Whispers

By Sasha M, age 13, Burney Jr High School



Painted on a canvas using acrylic paints.



Flower Crown Giraffe

By Krystel F, Lost River High School





Spring Picnic

By Brooke H, Mt Lassen Charter School



I was inspired by flowers blooming in spring. Imagine going to a green field by a lake, having a picnic, eating all kinds of different fruits and food, surrounded by beautiful blooming flowers. The sweet aroma of the fragrant flowers gently strikes your nose as you take a deep breath in and appreciate the scenery around you.



Veiled Garden

By Alexis L, Mt Shasta High School



A garden that is veiled with flowers and sunlight. Where you can swing on the 3d rope swing and enjoy the bright colors of the flowers that grow at the beginning of spring.



Spring Flowers

By Angelina M, Mt Shasta High School



Acrylic painting of a field with flowers



Flower

Benedict G, Mt Shasta High School



A purple rose drawn with colored pencil



Desert's Spring

By Charlotte P, Mt Shasta High School



Description: A robot made out of springs experiences the coming season

Media: Alcohol Markers



Spring Orchid

By Iva U, Mt Shasta High School





Spring Well

By Kayla F, Mt Shasta HS



Materials used: watercolor and gouache



Bloom on Wheels

By Laila B, Mt Shasta High School



Materials used: watercolor



Spring Tanning

By Layla M, Mt Shasta High School



I used color pencils and a fine tip marker



Enchanted Spring

By Lucy B, Mt Shasta High School



Materials used: Watercolor, paint pens, sharpie



A New Bloom

By Mila K, Mt Shasta High School





A Red Rose

By Oliver S, Mt Shasta High School





Ouroboros

By Zephyr K, Mt Shasta High School



Represents the rebirth of springtime



Duality of Spring

By Zoe C, Mt Shasta High School



It is an acrylic painting, depicting an array of beautiful flowers in the foreground, and a wolf stalking a deer in the background, representing the duality of beauty and horror that comes with the cycle of life and the beginning of springtime.



The Night Light

By Himalya, Northern United Charter School



The fox treads the path in the lush and vast forest, the same routine to come every day, walking the path, stopping for the bare necessities that never fail to exhaust her, and make her say she'll meet the sunlight another day while she drifts off asleep.

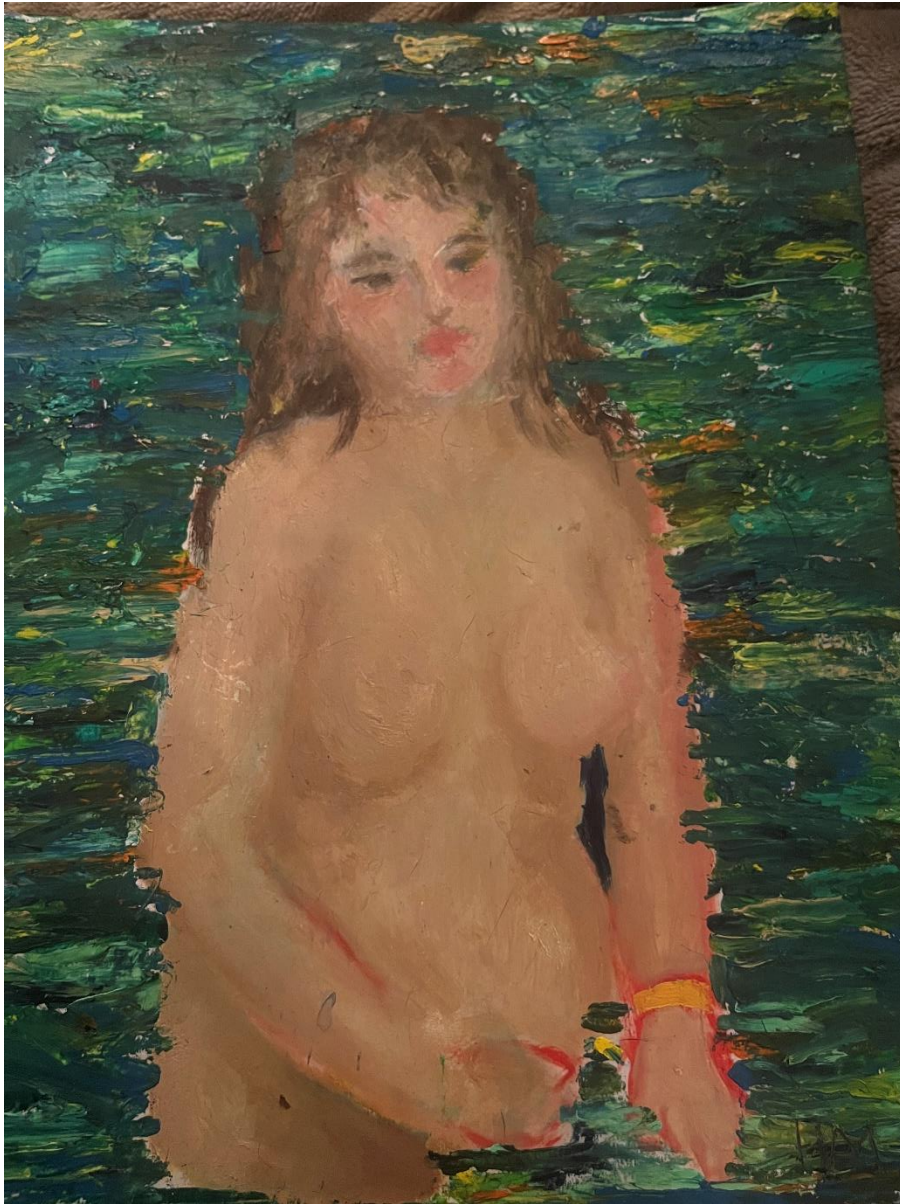
Tonight, she suddenly wakes up in the middle of the night. She is lying on her back, her desperate eyes met with the stars peeking through a crack in the dense forest leaves. A star shoots by, shooting starlight through the night sky and past the foxes eyes, but instead of wishing on the star she chases it, even if she can't see it anymore, luminous fireflies begin to lead her through the dark, she meets the meadow, she greets the light for the first time as the sunrise paints the sky, she meets fulfillment for the first time.

Spring is my favorite season as its life helps me see the light.



My Version of Nude in Sunlight by Auguste Renoir

By Hannah M, Shasta Charter Academy



I painted it as I wanted to strengthen my technique and Renoir's girl looked so peaceful. To me, it was like she was bathing in some kind of water that washed away all the worries from the year before.



Common Camellia

By Addie F, Tulelake High School



Medium: Pastel



Neotropical Bird

By Olivia W, Tullake High School



Medium: Watercolor



Mama Chipmunk

By Thalia G, Tulelake High School



Watercolor and acrylic



Heron at Sunset

By Ti-Ligha M, Tulelake High School



Acrylic paint



Beautiful Mountains

By Aleah Alcala, age 10, Tulelake Elementary



It has a river, with butterflies in the sky, it has nice wild flowers with nice smooth grass with a bright sun.



Bee Buzzing Around

By Anai G, age 12 Tulelake Elementary



The bee was at the flower. Then it decided to make a heart, then was on its way to pollinate other flowers.



Spring Flowers

By Arianna I, age 11, Tulelake Elementary





Spring Time

By Brissa F, age 7, Tulelake Elementary

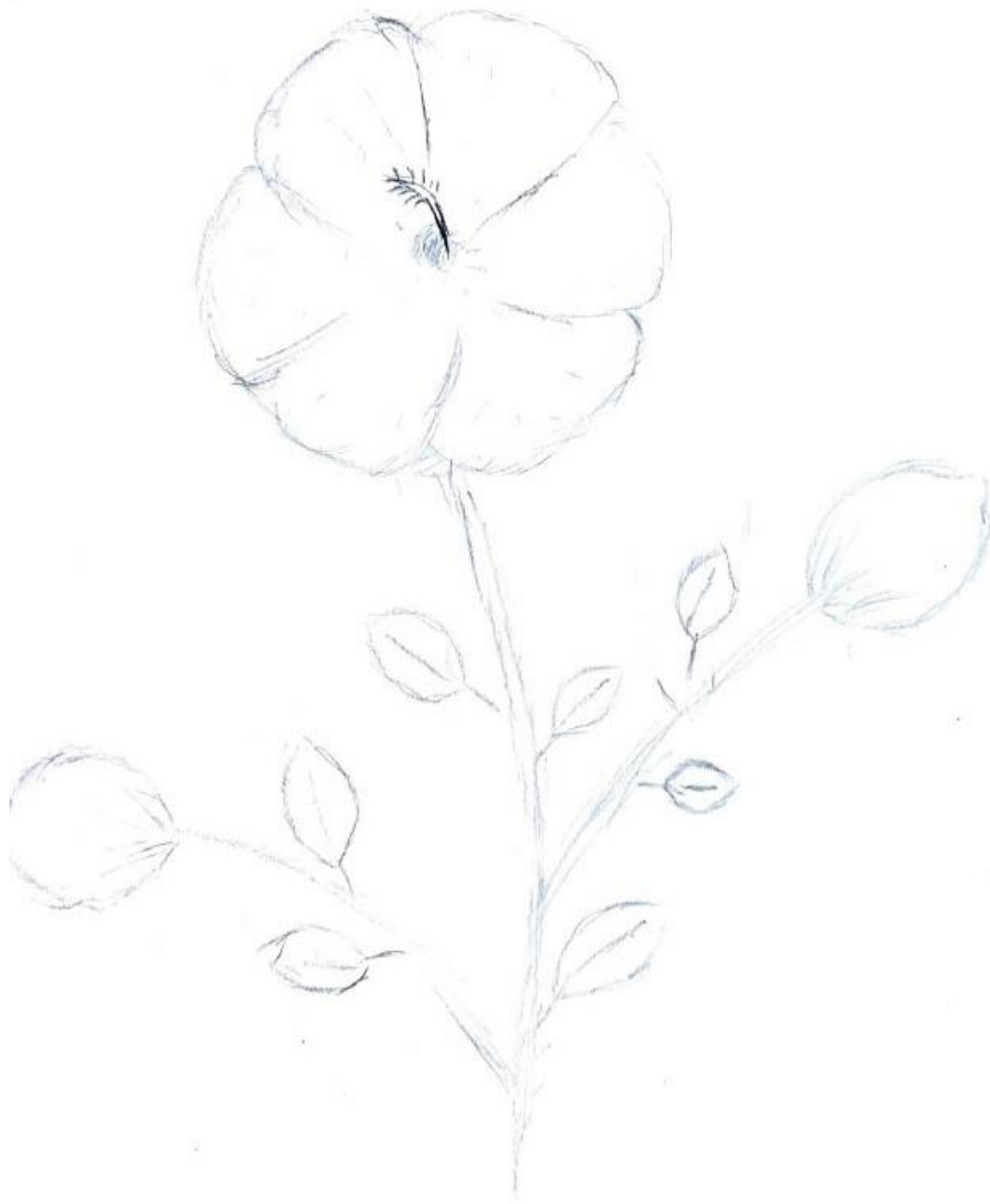


I drew a cat in the springtime



Spring Time

By Dominic S, age 12, Tulelake Elementary



It's a beautiful flower.



A Rainbow

By Emily P, age 6, Tulelake Elementary



I drew a rainbow and a pot of gold. I also drew a sun with rain and grass. I drew me and my mom too.



Spring Sunrise over the Hills

By Genevieve W, age 12, Tullake Elementary



Sunrising over the hills with spring flowers, bunnies, and butterfly



Spring

By Gracie G, age 5, Tulelake Elementary



I drew a rainbow and a sun. I also drew bumbles and a flower.



A Beautiful Spring Day

By Itzayana R, age 8 Tulelake Elementary



Flowers are blooming, the sun is shining, bees are buzzing, birds are chirping, butterflies are flying. What a beautiful spring day!



Spring

By Itzel, age 7, Tullake Elementary





Spring River

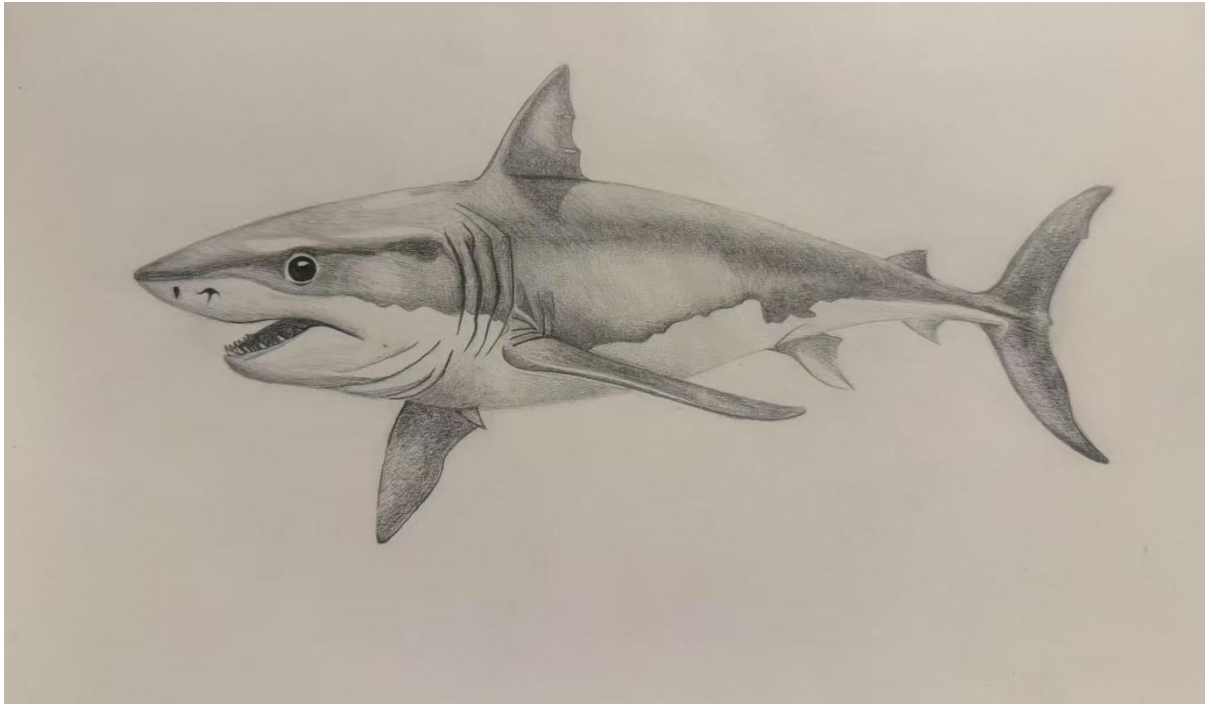
By Javier C, age 8, Tulelake Elementary





No Swimming

By Jiayi L, age 12, Tulelake Jr/Sr High school





Flowers

By Jocelyn, Tullake Elementary



I drew 9 flowers.



Sky the Bunny

By Khloe G, age 10, Tullake Elementary



I just drew a sunny day with Sky the bunny sniffing a flower.



A girl looking at the spring view

By Leslie C, age 10, Tulelake Elementary





By Melissa H, Tulelake Elementary





Black and White calico eyeing a bird flying to it's nest

By Molly H, age 10 Tulelake Elementary





A Japanese sunrise

By Reagen A, age 12 Tulelake Elementary



A beautiful Japanese sunrise with some cherry blossoms blooming and flying in the wind.



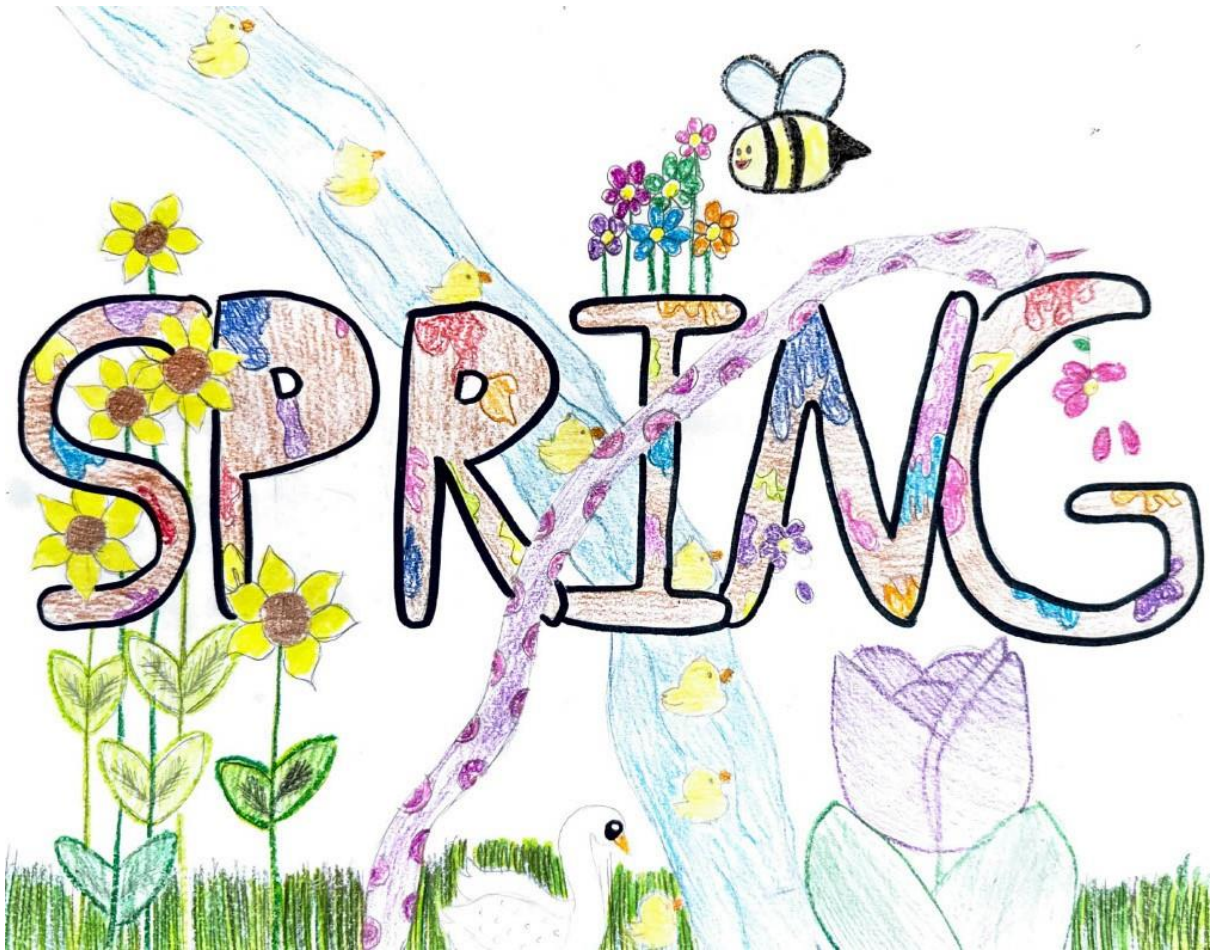
By Theodor S, age 5, Tulelake Elementary





Spring

By Valeria M, age 11, Tulelake Elementary



Since it's spring time, you see a lot of flowers and ducks. I made some paint blotches to be a little creative.



Easter Bunny

By Yaneli P, age 12, Tulelake Elementary



The Easter bunny was going around hiding Easter eggs in the meadow for all the kids to find.



New Spring

By Yaneli P, age 12, Tulalake Elementary



Chicks are hatching and so are ducklings. All the chickens and ducks are super happy at the thought of having young ones this spring season.



Childhood Memories

By Addy Schaub, Yreka High School



This piece is of the original character drawings of Winnie-the-Pooh and his friends, in colored pencils. They are in the center of the paper, they are only outlined in black to further reference their history in my childhood, and to stand out in all the color. The flowers and green leaves represent the blooming of spring.



Spring

By Ashlyn B, Yreka High School



A scurry of chipmunks run through the forest floor, their paws rustling through the fresh, dewy grass and pink purple flowers. Some resting on rocks, some on tree stumps, they are everywhere now that the weather is warm. The medium used was colored pencils and markers with mixed media paper and sketched with a pen.



Spring Break

By Elleanna C, Yreka High School



A lovely painting depicting a woman driving down Highway 1 on the California coast



Spring Breeze

By Emma I, Yreka High School



This drawing is of an elf enjoying a calm spring breeze underneath a blossoming cherry blossom tree.



Spring

By Grace C, Yreka High School





Springtime Butterflies

By Hazel N, Yreka High School

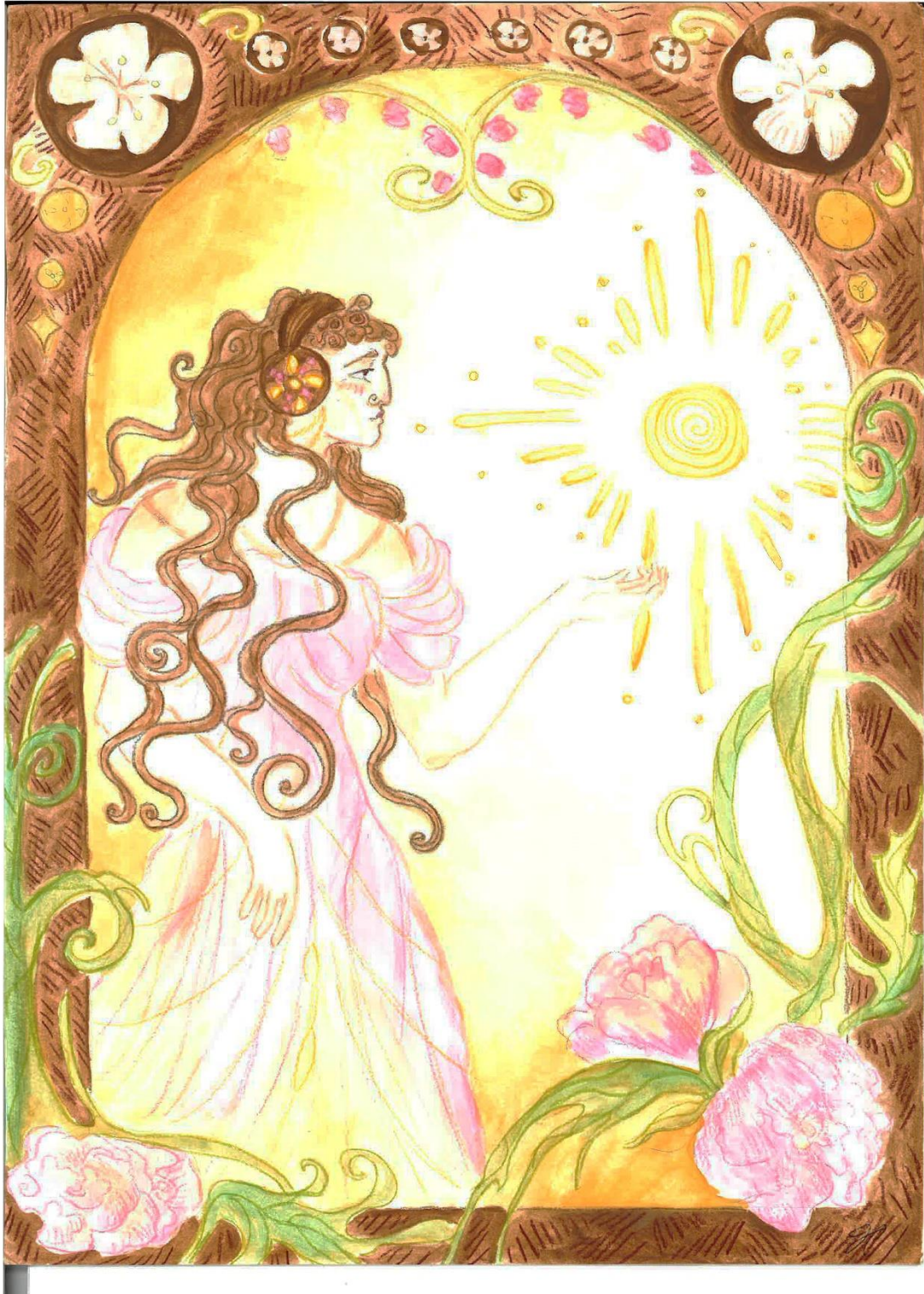


With the arrival of spring, a couple of monarch butterflies have returned home, fluttering happily through a meadow.



Daylight Savings

By Julia C, Yreka High School





The First Day of Spring

By River W, Yreka High School





Cabin Dreams

By AJ





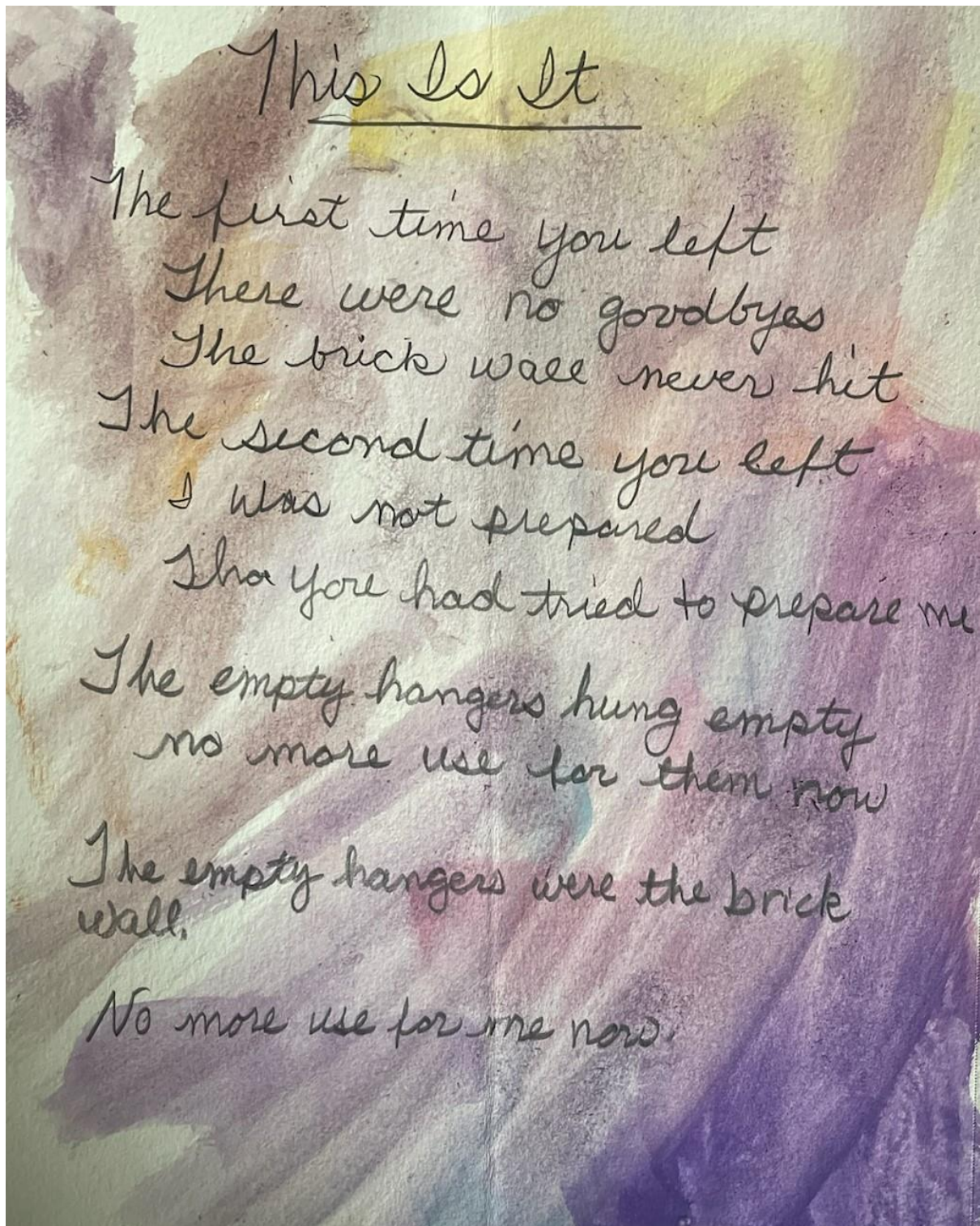
Stargazer lilies

By AJ





Spring
By AliG



This Is It

The first time you left
There were no goodbyes
The brick wall never hit

The second time you left
I was not prepared
That you had tried to prepare me

The empty hangers hung empty
no more use for them now

The empty hangers were the brick
wall.

No more use for me now.



My view of Spring
By Angmaria





Springtime is so much fun

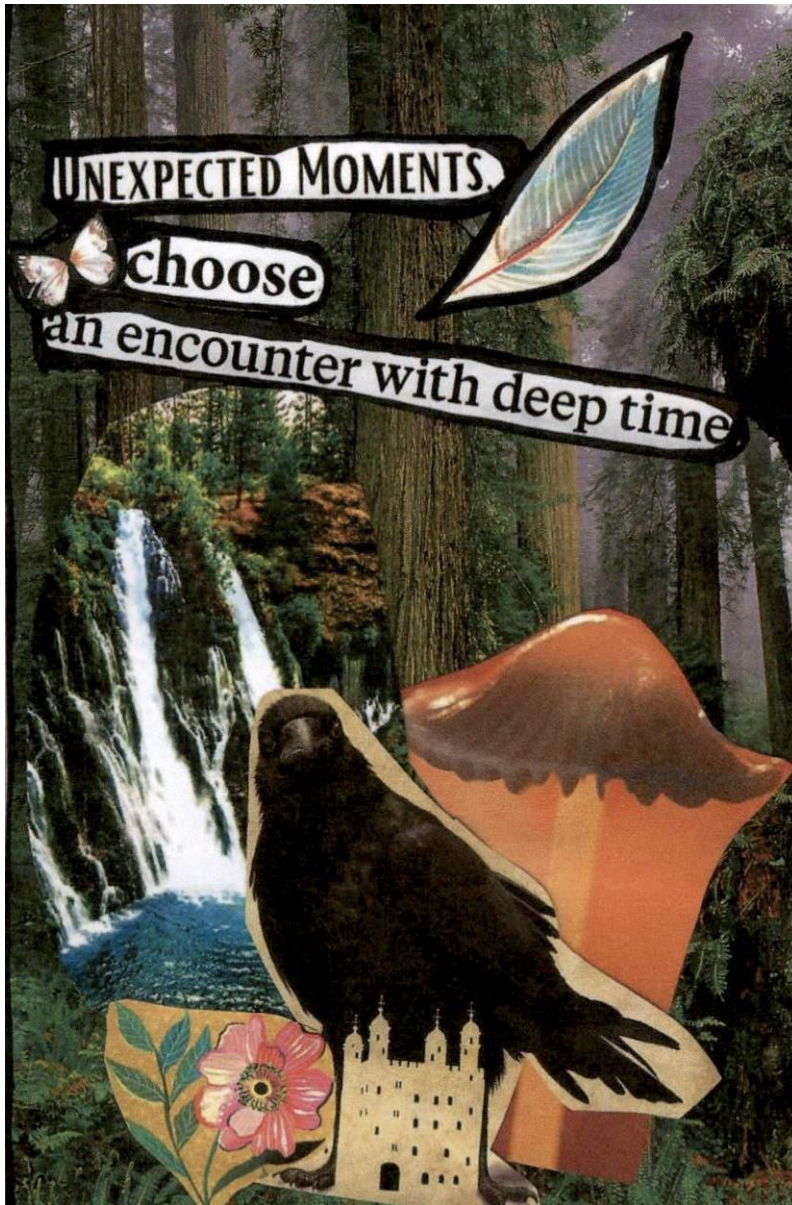
By BabyGirl

So when I think about springtime
I get so so excited
All the fun exciting things to do in spring
Get a swim, I love to swim
Get to go horseback riding
Get to go hiking camping
Whole bunch of barbecues
Watermelon
Spring time is so much fun



Unexpected Moments

By BJB



A Collage



Shreem Lakshmi Painting

By Changing Woman



Watercolor on paper, size 18 x 24

I Namah too, I have reverence to, I pay homage to, I salute the Divine Mother Lakshmi, I Petition You to grant my prayers please. A Higher Calling for, A Wish for, A High Prayer for, A Ritual Calling For, "HIGHER CONSCIOUS" for myself and humanity. That humans respect one another, respect Nature, Mother Earth, and "All Relations". That I and all of humanity have gratitude for everything that the Creator Created! May humans have healthy compassionate, kind, peaceful co-existence of humanity and all relations. Humans must have good manners. A prayer for Healthy Spiritual and Wealth Abundance & Prosperity for myself and humanity. May I and others know what is enough in wealth. May each of us respect one another's opinions, political viewpoints, medical views, religions, sexual orientation, who they love. I call forth Healings for myself and humanity. That humans world wide respect Mother Earth and Nature, Animals and "All Relations". A call for peace, deep peace for all. That humans come from a heart space in all relations. Gratitude is key, I call for Balance.

Thank You Shreem Lakshmi.



Symbols

Lakshmi: grace, peace, beauty mother of wealth good fortune and prosperity including spiritual wealth.

Lotus Flower: Lakshmi plane is above the material world.

Shreem: Seed Syllable o (Shreem) Lakshmi. The seed syllable depicted below the mandala circle in the center.

Elephants pouring water: Good Fortune.

Namah: A Salutation or surrender to the Divine. Written on my painting.

Lakshmi Mantra: Om Hreem Shreem Lakshmibhyo Namah,
Means I see the blessings of the divine bestow-er of all wealth an prosperity.
Written on my painting.

Shiva Lingam: on the bottom of my painting below the mandala circle.
Egg shape stone made of Jasper. The shape represents balance of masculine and feminine.
Represents harmony, balance, facilitates union of opposites such as masculine of masculine and feminine bodies, sexual healing, raises and controls Kundalini energy, emotional and physical healing helps with body-pains, balance body fluids and meridians systems in the body for example.

Two silver Coin Looking metal actually two necklaces the face of coin looking is Lakshmi on the front and Omm Symbol on Back.

My Painting:

Size 18 x 24

Painted on Watercolor Paper

Watercolor Paint

Dr Martin Watercolor Ink

Stickles Glitter Glue

Shiva Lingum

Necklace of Lakshmibhyo/Lakshmi

Crystals

Bindis



Perfect Timing

By Cher Ub

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Equi

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Teeter Tottering in the middle

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Your

Center

And

Pray



Early Morning

By Dahliah B



An orange cat relaxing by a lily-pad covered pond.



Spring

By DLS 35

Spring.

A feeling.

A soft, balmy feeling.

A sudden change

from threats of cold, thrashing wind, ice, snow, and dark gray skies.

A move to soft sunlight.

Gentle.

Light green sprouts emerging

from the hard brown dirt.

Buds of pastels.

Fruit.

And everything's OK, feeling of rebirth.

Spring.

**Spring**

By Ember Lee

Spring arrives with a bittersweet sigh,
Underneath the cheerful sky,
Shadows linger, memories pry,
In the bloom of life, some dreams die.

Blossoms bloom, yet wilt too soon,
Underneath the waxing moon,
A reminder of a fleeting boon,
In the garden, sorrow's tune.

Birds may sing, but notes are low,
Echoes of a silent woe,
In the breeze, a whisper slow,
Of secrets buried long ago.

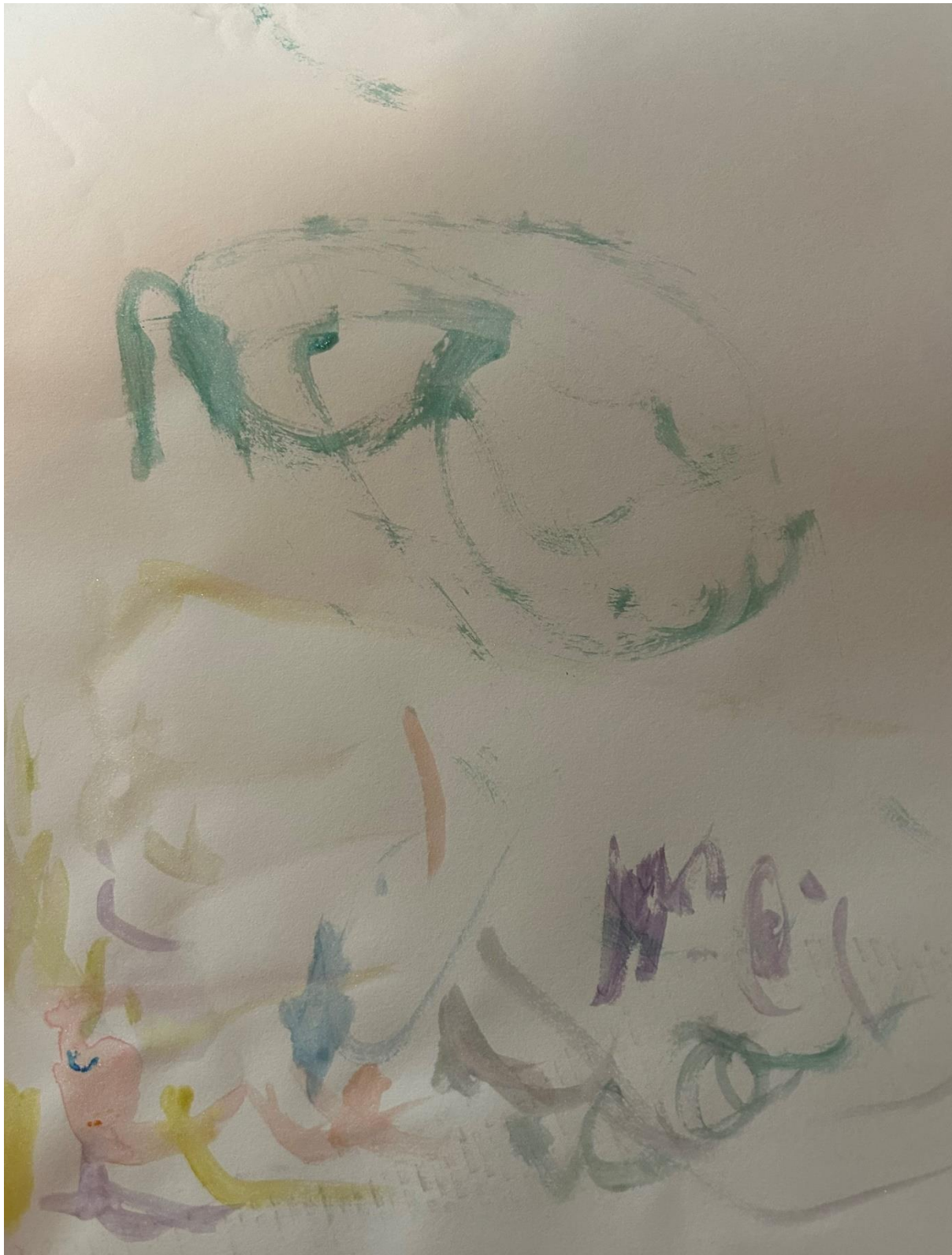
The sun may shine, but shadows creep,
In the hearts where sorrows seep,
Spring's rebirth, a hollow leap,
In the beauty, darkness deep.

Spring, oh spring, a paradox clear,
A season of life, yet tinged with fear,
In your warmth, coldness near,
And in your light, shadows appear.



Abstract

By Emily M, age 2





Summer nights

By Emma



I just wanted to try and paint lupins and fireflies. And then, kept adding stuff...



Spring

By ERB

The birds remind me of when I was only a child, screeching and chirping relentlessly

Stepping outside, feeling the sun hit my skin, I'm reminded of how grateful I am for it.

The winter months hold nothing but cloudy skies, rain, and snow, all so cold, so devoid of any sunlight or warmth. The seeds buried so deeply in the earth crack and crunch as the pressure of their roots split and pierce through their brittle shells, begging to be broken.

Spring.

A time for the sun to lay its golden rays of life across the earth once more.

A time when you can smell the raindrops, the snow, the puddles all accumulated in winter, start to evaporate under the burning star 92 million miles away from what we call home.

A burning star, that we call "the sun" how weird is that? We claim it like it's our own.

It is not.

Every single one of us will only get to see 90 springs, and that's if we're lucky.

I consider us lucky, very lucky.



Springtime

By Este





The Morangane Forest Country

By Gus





Spring

By James C





Peace in the Meadow

By Jasmine Carter





Jazmine's Poem

By Jazmine

Tears fall from your eyes landing hard on the corpse of the love under you. It seems you have been crying for hours, that time has stopped and became a black hole of pain. Your love's eyes are still open as you stare at its face praying they would come back to you. There you stare at them the once bright eyes have glazed over leaving only a frostbitten color, that had no sign of life or caring. This only made you cry more knowing they would never come back to you, the happy memories of having them in your arms as you would kiss their beautiful red lips and stare in those beautiful eyes with such happiness. Never again would you feel such happiness, those frostbitten eyes would become your soul, and the only happy day would be when you too died and join them.

Jazmine wrote this poem when she was 10 years old for an employee of mine who had lost her husband, who had died in her arms after a long illness. They had been married for probably almost 45-50 years and were fully in love with each other. She just cried when she got this poem, framed it, and put it by her husband's ashes.



Flowers

By Marilyn

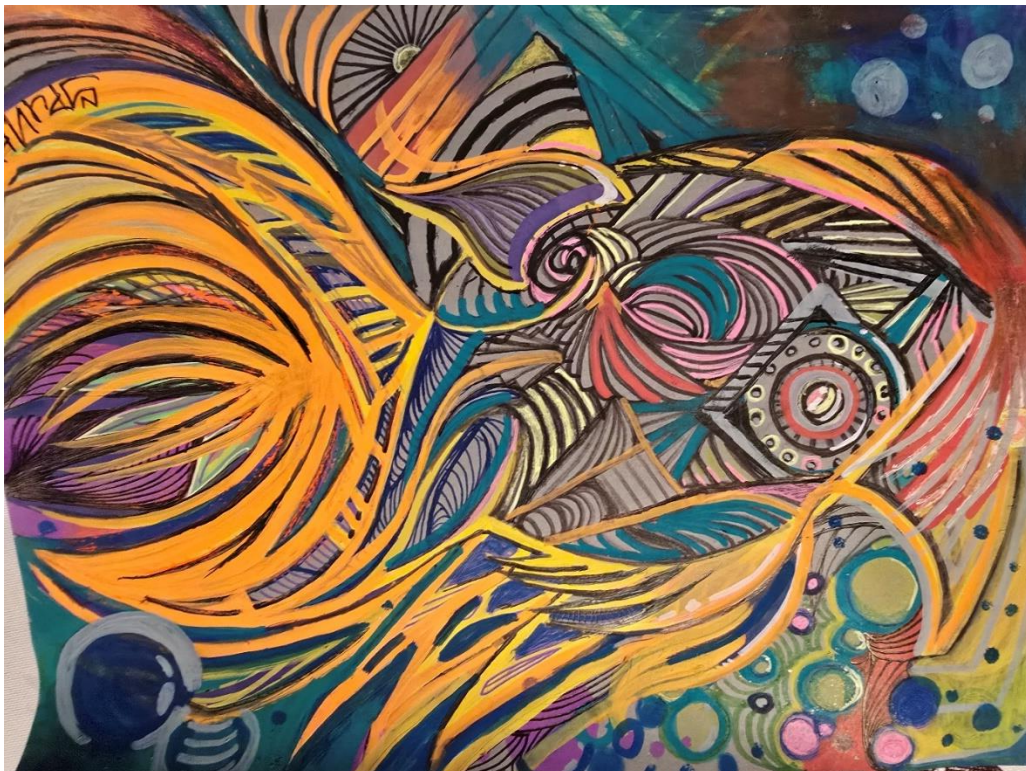
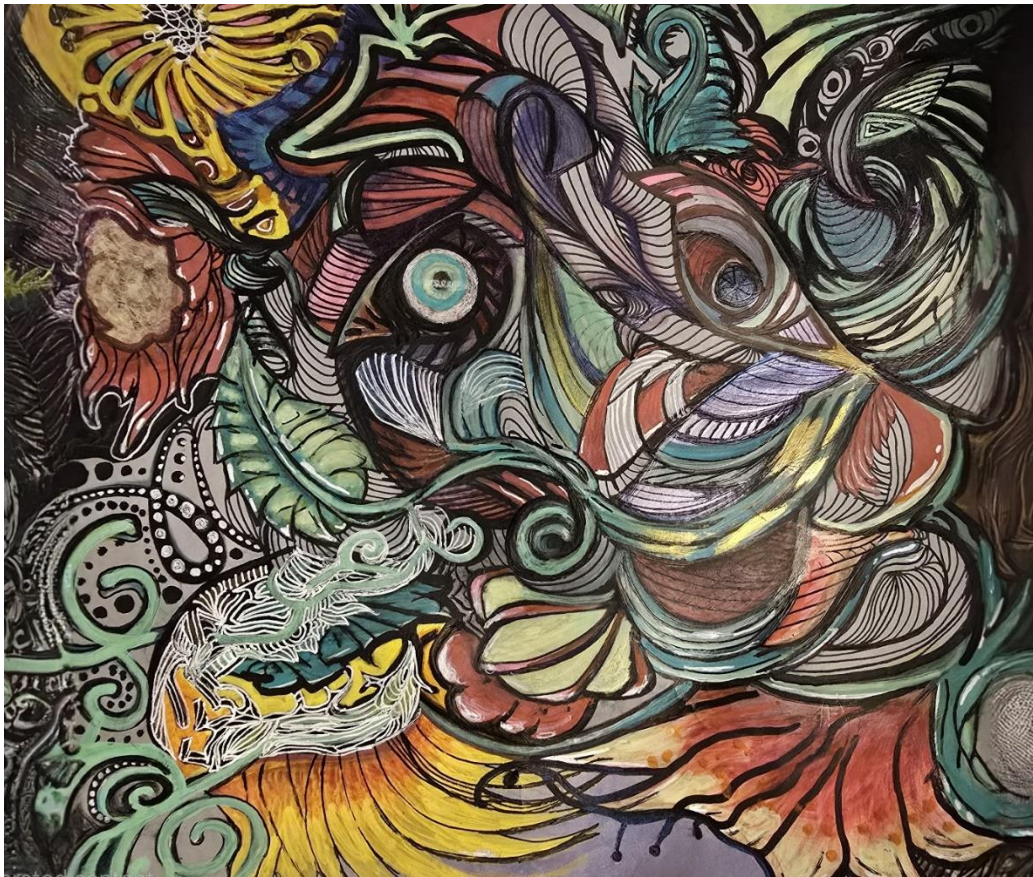


Don't worry about how they're going to bloom. They just open up and turn towards the light and that makes them beautiful.



Assortment

By Megan





Happy Spring
By Mythical



This idea came from a photo I had seen on facebook I wood burned it and then painted it.



Loving through a Broken Heart

By Peggy

When my 19 year old pup died last month, my heart was broken. I was inconsolable. When I was once again able to sit and go deep in meditation, though the tears did not stop, my heart, still broken, started to heal by releasing unshadowed love. I cry now as I write this, but my heart has been broken open and thus I heal. Through the power of the holy spirit, we are transfigured and transformed.



This image is inks, pastels and colored pencils on watercolor paper



Heal my broken heart

By Peggy



Heal my broken heart
my eyes tears
I offer up my heart
you over the rainbow bridge
go before me
Left behind
Why does it hurt sooooo
What is missing, lose?
A hole in my heart
I know not how to fill
Left behind till
I'm invited to cross



Most Memorable Spring

By RockStar



Camping at Deerlick Spring
With Sonny and our parrot Arreba
While out walking on our 2nd day
I found a large piece of bark
That had fallen off a tree,
And I thought it was a large turtle.

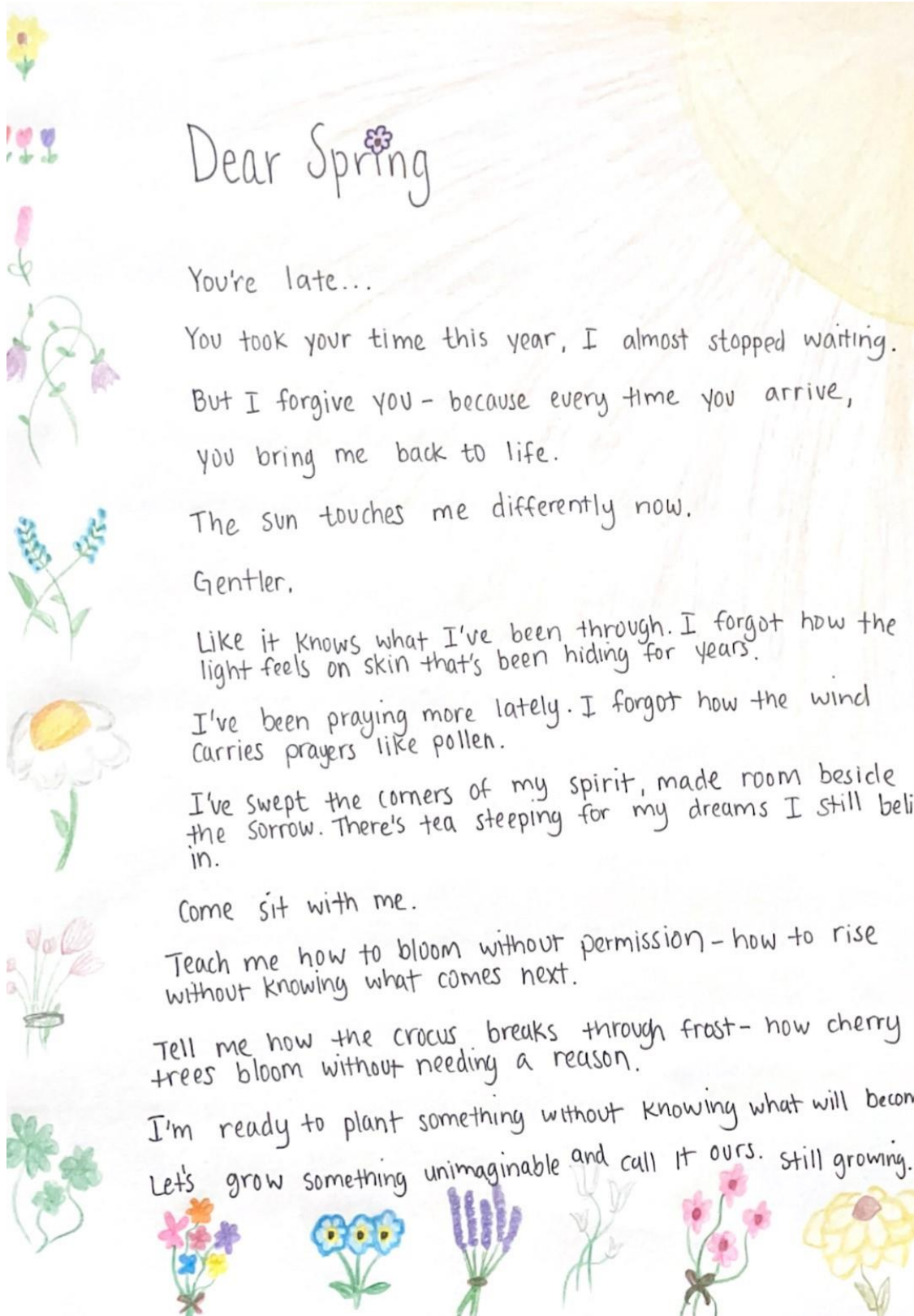
I brought the bark home
And got all the spiders off it.
And this year I decided to
Turn it into a turtle
For my yard.
So with the help of my grandson
We found a head for the bark shell
And painted it.
And this turtle will always remind me
Of that peaceful camping trip
I had in spring
About 10 years ago.



Dear Spring

Poem by Rosie Bloom

Writing and drawings by Mizara





Spring Collection

By SKS

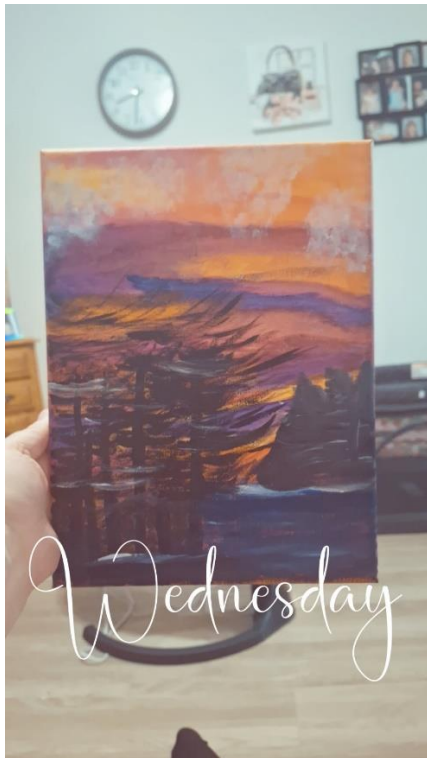






Sunsets

By Skye Monet



Easter

By Skye Monet



Made from my children's feet prints

**Theme Spring** 🌱

By Spilly the Always Reinventive Gypsy



Matured Nature,
may that be Human, Animal or Plant
Welcoming New Youthful Glory
With the Knowledge of Nurturing Love,
So they can Bloom
To the Sky and Beyond
With their Dreams.

May you Bloom with Glory



Ikigai Insights

By Sri

While waiting to get the new tires mounted onto my car in Mount Shasta I took a walk up to the public library. As I browsed the shelves I came upon this book. I checked it out.

Taking it slow. I have always prided myself on being quick moving, sleek, efficient. It was ingrained in me from the youngest age with such strict time constraints and schedules beginning at sometimes 2:30 in the morning. And there were so many of us who needed to bathe in ice cold showers and hurry hurry to get to the temple on time for the first ceremony mangal arati which started at 4:15 am.

We were offered incentives to compete (all the time) and be the first one ready! I have carried this throughout my life. And basically I have exhausted the absolute 🧠 out of myself.

My car helped me recently. When my back driver side tire got gashed apart on one of our town's amazing pot-holes I was forced to drive on the donut spare for a few days, even driving as far as to Yreka because I was the only one available to pick up the Chaweenie pup Wally from the vet (a 50 mile round trip). I was grateful for every mile that that donut held together and doubly so for this:

We had to drive slow. I consciously did not go above 40 mph. We took the back road. I chose to tune out cars that flew up behind us, rode on our butts in the classic bullying fashion and then passed us frantically, I almost felt anger wafting from the vehicles. Imagined? I was with my daughter and her friend. We took note of so many things that would normally just blur by. It helped too that she was wearing her prescription glasses so more enjoyable to look out into the world.

At first it was hard for me to go slow. All the other cars want me, expect me to fly, too. But then as I felt myself actually enjoying the drive I surrendered to it and truly wished it was the way of things.

The message from my body, yes even my optic nerve, is slow down.

So, I will focus on that.

And I look forward to reading this book.

I'll probably share more insights.



Spring

By Theresa Pollack

I love spring! Most Bipolar people do. In fact, in the medical field, it's Bipolar season. It's a time when some of us stop taking our medicine and starting having issues, like hypomania and mania. I know this because I used to be a psychiatric RN. The sun is shining, things are growing outside. The leaves are turning green, at least for a few weeks here in Northern California. Winter is finally over. It's finally warm and it's going to stay that way for the most part. We can go fishing, golfing, out in nature, and other things that we couldn't do during winter. Those of us with seasonal affective disorder start to feel better. It's a good time. I look forward to it every year. And yes, I stay on my medications year around. Although, when spring rolls around and I've had a tough winter, I've had to admit I've been tempted. I don't recommend that anyone do that, it's very dangerous and you should consult your doctor, therapist or psychiatrist if you're feeling out of sorts in any way and ask for their help. But let's get back to Spring!

I feel more creative during this time. I read more and start more projects. I knit, draw, color. I want to learn more things, and have a very strong urge to clean my house. I usually do clean my house. I also believe in purging; it's not what you may be thinking. Anything I haven't used in a while (if usable) I give away to Goodwill. Any books that I have bought and haven't read, I donate to my local library (if they have a copy, Goodwill gets it). Anything unusable goes in the trash. I try and do 3 purges a year or when I feel I need to. But I do the big purge during the Spring. I live in a very small apartment, so space is at a premium. I'm looking at things right now that need to go. We also have a storage lot. I plan on emptying out one of my bookshelves and taking the things to storage. Binders and books in the bookcase are keepsakes. I'm trying to get my husband on board for this as well, but it's been a struggle. And the struggle is Real! I think I can talk him into at least taking things to storage. I don't believe in storage but we went from a one bedroom to a studio, and had no choice. We just couldn't lose the furniture and other things that my husband had for so long. I only had a few things, my situation was a bit different.

This spring I'm looking forward to the cleaning. I even ordered my favorite floor cleaner on Amazon, Mrs. Meyer's multipurpose in lavender scent. It does wonders for 1970s linoleum, it was the only thing that worked on my grandma's kitchen floor in Idaho Falls, ID. I know she would have been proud. She loved having a clean house. There are still some cleaning supplies I have to gather, like my favorite bathroom cleaner, scrubber, ingredients for special floor washes for our one large room, a new broom for the bathroom. I have everything all mapped out. It sounds obsessive but when you live in a small area, you just can't attack everywhere at once or you'll clean yourself into a corner.

Well, as you can see I really love Spring and have a lot of plans. Once I'm done cleaning and purging. I plan on fishing, spending lots of time in nature, going on lots of nature walks. I think we really live in one of the most beautiful places in the country. I also plan on sending my husband golfing on Mondays, he loves to golf, it's also my day off so we both win! I'm sure I'll knit half a sock, and finish my shawl for the Intermountain fair this year. I'll also color a few pictures. I love to keep busy. And yes, I am taking my meds as prescribed. I just love spring and hate winter. I'm not from here, and where I come from winters were more harsh, so that's why I love Spring so much.





Inner Child

By Zobug



The coat displayed is my original design and creation, with no pattern used. I also **screen-printed** the fabric using water-based paint and stencils I made in Illustrator.



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