

Not All Heroes Wear Capes

“Heroes don’t always save the world; sometimes they just make your world better.”

That’s exactly what Kennedy Groome did for me.

When I was eight years old, Kennedy turned a barn near my house into an incredible place where people could learn about horses. I had never really known what I was passionate about, but the moment I stepped into her barn, I knew I had found something special. From my very first lesson, Kennedy was fearless, kind, and patient. Even though we weren’t related, and she didn’t even know my family well yet, she treated me like one of her own.

At first, I was shy and unsure of myself, but Kennedy encouraged me every step of the way. She taught me not just how to ride, but how to trust myself and the horse beneath me. She never rushed me, and she celebrated every small victory—whether it was sitting properly in the saddle or successfully guiding a horse through a tricky obstacle.

Then, life threw a few challenges our way. Covid shut down the barn, and all lessons came to a pause. Later that year, Kennedy suffered a serious snowmobile accident. She couldn’t teach, couldn’t even walk, and everything felt different. Another instructor stepped in, but I didn’t feel the same connection. Kennedy’s absence made me realize just how much she had shaped my confidence and love for horses.

What amazed me the most was her determination. Once she healed, she got back on a horse as if nothing had happened. I watched her work tirelessly, always ready to help, teach, and inspire. She showed me that true strength isn't about avoiding hardships—it's about facing them and keeping your heart open to others.

A year later, I started working at the barn. I rode her horses, cleaned stalls, and learned everything I could. When I finally got the chance to lease my own horse—a very challenging one—I struggled, but Kennedy never gave up on me. She guided me patiently, helped me understand her, and taught me to ride with confidence. Eventually, we found the perfect horse for me, and she helped train him and prepare me for mounted shooting competitions. That winter, she even took me to my very first show, and though we were both new to it, she encouraged me and helped me succeed.

Today, Kennedy continues to teach me everything I know. Whenever I have a question or face a challenge, she always has guidance and support. Beyond riding and lessons, she has shown me how to be kind, patient, and hardworking. She has become more than a mentor; she is a friend to my family and a guiding force in my life. My mom and Kennedy have even become best friends, and I know that I will always have someone to turn to.

Kennedy has shown me that heroes aren't always the ones saving the world on television. They are the ones who show up, help you grow, and make your world brighter. They are the ones who inspire you to be better, even when life gets hard. Kennedy is that kind of hero for me—someone who has changed my life, given me confidence, and taught me to never give up.

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In the end, heroes come in many forms. Not all wear capes or appear in the news. Some, like Kennedy, quietly change the world one person at a time—and in doing so, they make the world a better place.