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PETE Newsletter
December 2020

Greetings DKH PETE Alumni,

There is an old Chinese adage, "We live in interesting times." They don't mean it in a positive sense. That fully sums up the times we currently live in. We have all adapted as best we can; keeping the most positive attitudes; learning new teaching strategies; even rethinking what teaching physical and health education means.

As always, you all make us (UW DKH & PETE program folks) so proud of what you do and how you do it. When we 'pivoted', (are you a bit tired of that word?) spring semester, you shared wonderful videos you had prepared for your students. With no warning, you changed your teaching strategies as best you could and carried on for the student's well-being and education. Well done.

Thank you so much for staying in touch. Receiving information on your progress, both personal and professional, is a highlight for this old gal. You are doing great things. It's fun to hear your news. My sister in Sheridan keeps me posted on the good work John Kirilin (see class of 2012) is doing with the ski area in the Big Horn Mountains. The most recent article in the Sheridan Press is hanging on my door. Chase Kistler (class of 2007) made the Casper Star Tribune (also papering my door) when he asked the former Powell HS QB to help coach the Panthers this fall. Ruth Casey (see class of 2007) made a significant pivot as she moved from teaching PHE in Rock Springs elementary schools to becoming an associate for Bio Elements (see the blurb at the end of the newsletter).

BTW - after a 50-year career in education and academics, I will retire following the 2020-2021 academic year. Although this isn't exactly how I envisioned ending my half century career, this is how it is. Like you, I have learned a lot of technology for teaching. Who even knew what Zoom, Vidgrid, and Swivl were at this

time last year? Who says you can't teach an old dog new tricks. If nothing else, hopefully I have been a role model to you about the importance of lifelong learning. Both professionally and personally, we need to change, learn, and grow with the times....or we go backwards. There is no standing still.

But what I want you to think about is this newsletter and the graduate directory that I have built and maintained for two decades. What shall I do with the directory information? I have not shared the information with other entities, because that was not part of the deal when this started. Shall I share with other PETE professors or the DKH main office? With UW Foundation? With UW Alumni Association? If I share with any of them, do you want your information removed? Let me know your thoughts.

In the meantime, stay safe, mask up, get the vaccine when you can (even at my advanced age it's the longest line I've been in). I hope you enjoy this newsletter. Have a wonderful holiday break and a Happy New Year 2021. I hope that it will be better than 2020.

Sincerely,
Jayne Jenkins, Ph.D.

News from Corbett

Undergraduate Student News

Completing student teaching spring 2021 and graduating in PETE May 2021 will be 12 undergraduates: Of the 23 cooperating teachers, 17 graduated from the University of Wyoming PETE program.

Student Teacher	Placement	Cooperating Teachers
Taylor Bever	Rawlins	Charli Fisher Hetherington & Derek Chandler
Thomas Bolinger	Casper	Jarvis Bliss & Lisa Colling
Aimee Gray	Rock Springs	Eric Urlacher & Darcy Bath
Ryan Harrison	Casper	Bryan Olsen & Jim Garbutt
Adam Hartman	Rawlins	Seth Hetherington & Frank Arce
Ashton Horsley	Casper	Debbie Gibson & Melody Craig Lehman
Aubrey Jennings	Rock Springs	Theresa Allgaier & Matthew Gardner
David Jones	Laramie	Reynold Candeleria & John Hennings
Chace Peterson	Casper	Nathan Vondra & Christy Olsen
Dylan Sandstedt	Casper	Amy Schroth & Kristen Underwood
Rachel Schneider	Laramie	John Hennings & Casey Alexander

Kolbey Wells	Casper	Cheri Grutkowski & Perri Shutts
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Fall semester 2020 eighteen (18) undergraduates were accepted to the PETE program and completed Teaching Laboratory 1.

Graduate Student News:

Updates on our graduate students:

- **Christa Munari** (Class of 2015) continues with course work and will propose her thesis soon. Dr. Tristan Wallhead is her mentor.
- **Charli Youngberg Fluty** (Class of 2011) continues with coursework and plans to work on her final project beginning summer 2021. Dr. Jayne Jenkins is her mentor.
- **Dewey Krueger** (Class of 2020) started his position as a GA in DKH as he begins studying for the MS degree in PETE. Dr. Jayne Jenkins is his mentor.
- **Jess Gentle** (Class of 2020) started her position as a GA in DKH as she began studying for the MS degree in PETE. She proposed her thesis December 2. She is investigating the impact of COVID on an exercise program. Dr. Tristan Wallhead is her mentor.

Alumni News

It's always great fun to hear from you. Please keep me posted on what is happening in your personal and professional lives. That's the only way I can keep these newsletters informative for your peers. One more newsletter for spring 2021 is planned. Often I simply copy and paste your updated news directly into the newsletter. Your classmates enjoy reading the blurbs as much as I enjoy receiving them. Also, check the directory (when I send it) to assure that your contact information is up to date. And if you know of a classmate's contact information that I don't have or my info is outdated, please let me know about that as well.

Professional & Personal Update

Class of 2020	
Hanna Caiola	Began teaching elementary PE in Rock Springs, WY fall 2020. In December, she reported: My life still looks the same as it did at the beginning of the semester. I am still teaching PE and Health at Black Butte High School, the kids are loving PE and I a regular stream of boys who have worked out a plan with their other teachers that they get to come down to join PE classes if they get all of their work done in class before the bell rings. So apparently my PE classes look fun enough that it is a reward for these high school boys to get to join! I think that means I'm doing something right 😊
Skylar Thomas	Is acting as a long term substitute teacher in his home town of Thermopolis, WY

Staci Thompkins Linde	Married Christian Linde September 27
Class of 2019	
Hayes Stone	Hayes is teaching elementary physical & health education in Rock Springs, WY. He shares Desert View Elementary with Mat Gardner. Hayes is also assigned another elementary school.
Class of 2018	
Dana Bjorhus	I am still in Thermopolis at Ralph Witters Elementary School teaching Pre K-4th Grade PE. This is my 3rd year here. I am also an assistant volleyball and basketball coach at the high school level and we just got our basketball season started last week.
Brianna Hartbank	I am still in Daegu, South Korea teaching English as a second language to 3-12 year olds! :)
Class of 2017	
Jeffrey Wilson	Jeffrey sent this message June, 2020..."I'm at university new mexico with karen finishing up my masters in curriculum development. I just got a job at york international bachelorette, where I will be focusing on secondary education, but also teaching some college level courses. I'll be teaching exercise science, anatomy and physiology." (this is in Thornton, CO) In December he sent this message: Graduated with a Master's degree in Curriculum Development. Bought a house in Loveland, CO. Teaches grades 9-12 at York International Baccalaureate in Thornton, CO
Dakota Anderson	Continues to teach APE in Rawlins. Coaching football, basketball, and soccer. He recently completed the Master's degree in Athletic Administration from Ohio University.
Austin Hastings	Is teaching science at South High School in Cheyenne, SY
Class of 2016	
Kelsey Morrow Hutchinson	Kelsey is teaching at Park Elementary School in Casper, WY. She is excited to be a Ranger and loving teaching at her 'own' school. Parker is 6 years old and in kindergarten.
Class of 2015	
Charli Fisher Hetherington	Charli and Seth welcomed baby #1, Reed Thomas, MY 31 AT 12:53 P.M. Reed came a bit early and weighed in at 4 lbs 11 oz and 17 ¾ inches long
Jeff Wordeman	In addition to his PE teaching duties, Jeff has accepted administrative responsibilities of Vice Principal for St. Mary's School in Cheyenne. My son, Jeremiah changed his major from Political Science to History and wants to teach history in High School. My daughter, Mattie is a Junior at Central HS My wife is still unit manager for Department of Health
Shauri Lyon Landon	I am still in Sweetwater County #1. This is my 6th year already!! Holy moly. I am at Sage elementary and no longer have to travel. I am now the JV girls basketball coach along side Ramiro Candelaria. I was married this summer and am now Mrs. Landon. [one downside – she coaches against her husband

	– Green River] My district has been lucky enough to still be in person school. I am so glad to be back with my kiddos!!
Cassie Swallow Hoover	Welcomed first baby – Presley. She has been teaching virtually this year for CSHS.
Class of 2014	
Dr. Victoria Shiver	Tori is currently Visiting Assistant Professor in the Physical Education program at Northern Illinois University
Class of 2013	
Class of 2012	
Chris Wagner	Chris & Karen welcomed baby #2, Maddox, March 2020. Now that Karen has completed her graduate studies, Chris has decided to pursue an M.S. degree in Kinesiology – Coaching at Adams State
John Kirlin	<p>Things are ramping up here in the Big Horns! Antelope Butte is set to officially open December 18th for the winter season.</p> <p>We've been building our programs and expanding outreach to 10 elementary schools using our Introduction to Snow Sports PE Program. The program is a week-long unit meeting specific state standards that includes 3 days of cross country skiing at the school followed by a day of downhill skiing at Antelope Butte. I'd love to expand out throughout the state!</p> <p>With that said, we are looking to continue growing our programs and I'm currently building a position for a full-time Programming Coordinator (to include skiing, snowboarding, mountain biking, climbing, etc). Obviously I'd love to bring on a fellow PE teacher!</p> <p>On the personal side, Amanda and I welcomed our first child, Annika Grace Kirlin, on May 31st. We couldn't be more happy and in love with her! She is all smiles and especially loves my guitar and going for hikes. We are excited for her to grow up playing in the mountains of Wyoming!</p>
Class of 2011	
Class of 2010	
Brandi Nelson	<p>I live in Wittman, AZ south of Wickenburg, AZ. I teach through the Wickenburg Virtual Academy and Wickenburg High School.</p> <p>Teaching: PE, Health, Biology, Earth Science, Integrated Science, and a couple other science courses, if needed, through the Virtual Academy and Blended program. I started teaching a Career Technical Education class this year through high school. It's a Sports Medicine & Rehabilitation program. I'm the Varsity Volleyball coach. This is my 10th year teaching.</p>
Class of 2009	
Seth Hetherington	Seth and Charli welcomed baby #1, Reed Thomas, MY 31 AT 12:53 P.M. Reed came a bit early and weighed in at 4 lbs 11 oz and 17 ¾ inches long
Colton St. Peter	Professionally, I'm still Principal for PODER Academy Elementary. We were recognized as a National Blue Ribbon School awardee for 2020. The staff, and myself, are looking forward to a short holiday break before tackling the second half of this school year. There are still some open positions at both the

	<p>Elementary and Secondary schools for PODER that can be accessed through the employment page for LCSD1. No PE or Health vacancies though, sorry!</p> <p>Personally, Morgan and I are doing well and Lowell is now 1 year and 2 months old. He's growing up fast, climbing on chairs and the table, chasing Rosie (our Rottweiler) around, and even trying out his Strider bike and some skis on the snow. We're getting ready to send out some announcements to family and friends with news that we're expecting IDENTICAL TWINS in May! Apparently it runs in the family so we'll just have to see what this brings us.</p> <p>Here are some ways people can connect with me:</p> <ul style="list-style-type: none"> ○ cell - (970) 485-5866 ○ email - colton.stpeter@gmail.com ○ Instagram - https://www.instagram.com/cstpeter85/ ○ LinkedIn - https://www.linkedin.com/in/colton-st-peter-a1a630120/
Class of 2008	
Brooks Fry	Following completion of the M.S. degree spring 2020, Brooks accepted a teaching position in Nome, Alaska. Still no roads into the community, but much farther south. And Brooks now has PE colleagues in his community for the first time in his Alaskan teaching career.
Class of 2007	
Ruth Casey	<p>I resigned from the school district this year. I went back to school for something called Crossinology-Brain Integration. There are different types of brain integration. Mine is specifically crossinology. Crossinology Brain Integration Technique (BIT) is a science based program that combines kinesiology, physiology, and the acupuncture meridian system to improve learning difficulties (ADD, ADHD, Dyslexia, reading, math, speech) and improve stress, anxiety/depression, emotional well-being, and overall health. So I'm still in kinesiology and still advocating for movement and health 😊</p> <p>We have a new hybrid wellness center in town. I rent a space there to do my business. My business is called WYO Brain Integration. I also help teach a youth wellness program there, That meets 2 times a week for an hour, that teaches about exercise, mindfulness, meditation, and yoga to help with stress and anxiety. We have an incredible number of kids (and split into age groups at different times) and they are loving it. I also teach TRX workout classes for adults there also.</p> <p>I also still run the BOCES outdoor adventure camp here for 3-6 th grade!</p>
Adam Freeburg	I am currently in my 14th year at Gering High School in Gering, Nebraska. Along with teaching multiple classes at the high school, I am also currently the Freshmen Boys Basketball coach. My wife Lisa and I have two girls, Jazzlyn is 5 and Katelyn is 3.

Natasha Maxfield	This past year I've tried a few new things outside of being a full-time mom of 3 boys and 1 girl. Here they are: <ul style="list-style-type: none"> • Sub at UCSD#6 • flower delivery lady 🌸🌸🌸 and • Dance instructor 🕺.
Class of 2006	
Terrance Butler	Completed the M.S. degree in Sport Management from Lynn University in FLA
Megan Stith	Still remote teaching PE. Masking up and staying safe.
Lyndie Lux Larson	We sold our place in Jackson and moved to Star Valley this summer! We are currently having a house built in Grover, hope to be in some time in January.
Class of 2005	
Curt Mayer	Moved from assistant administration in Worland to Principal, Assistant Superintendent of Arapahoe Middle School in Fremont Co #38
Tony Schamber	Is now teaching elementary PE at St. Paul's Catholic School in Gillette, WY. He is teaching his two sons.
Adam Miller	I just wanted to update you that I am now the Head Principal at Sage Valley Junior High in Gillette.
Class of 2004	
Leanna Anderson Horn	The family moved to Glenrock this year. Leanna is substitute teaching a lot. She is assistant HS girl's basketball coach and may coach track spring semester and maybe VB next fall.
Class of 2003	
Class of 2002	
Patience Jenkins	This academic year Patience will add teaching elementary PE to her current responsibilities of teaching health at Star Valley High School
Class of 2001	
Class of 2000	

Bio for Ruth Casey's new position

Ruth is a native to Wyoming and grew up in Casper, WY. She is a certified Brain Integration Practitioner, receiving her education through The Learning Enhancement Center based out of Boulder, CO. She also has a Bachelor of Science in Physical Education/Health Education from University of Wyoming. She worked 12 years teaching health/wellness education and physical education for Fremont County and Sweetwater County School Districts in Wyoming. She has coached volleyball at Rock Springs High School and Western Wyoming Community College. In 2017, she was awarded WAHPERD Elementary PE/ Health Teacher Of The Year for the state of Wyoming. Because she believes in continuing education she is also becoming TRX certified and will be teaching classes.

Ruth holds these certifications:

- 2020 Crossinology Brain Integration Practitioner
- 2020 Muscle Reactivation

2020 Applied Physiology
2020 Advanced Brain Integration
2008 Health Endorsement
2007 Coaching Endorsement- Volleyball
2007 Bachelor of Science, Physical Education K-12, University of Wyoming

Our vision as a team at Elements is to help people of all ages increase their wellness. Crossinology Brain Integration Technique (BIT) is a cutting edge, science based program that combines kinesiology, physiology, and the acupressure meridian system to improve learning difficulties (ADD, ADHD, Dyslexia, reading, math, speech) and improve stress, anxiety/depression, emotional well-being, and overall health.

Ruth feels blessed and grateful to be apart of the Elements team and knows it's important to be passionate about what you do. She values being apart of health/wellness and is excited to bring something new to the community.

Follow Ruth on Instagram and Facebook for more information.

IG-@wyobrainintegration
FB-WYO Brain Integration