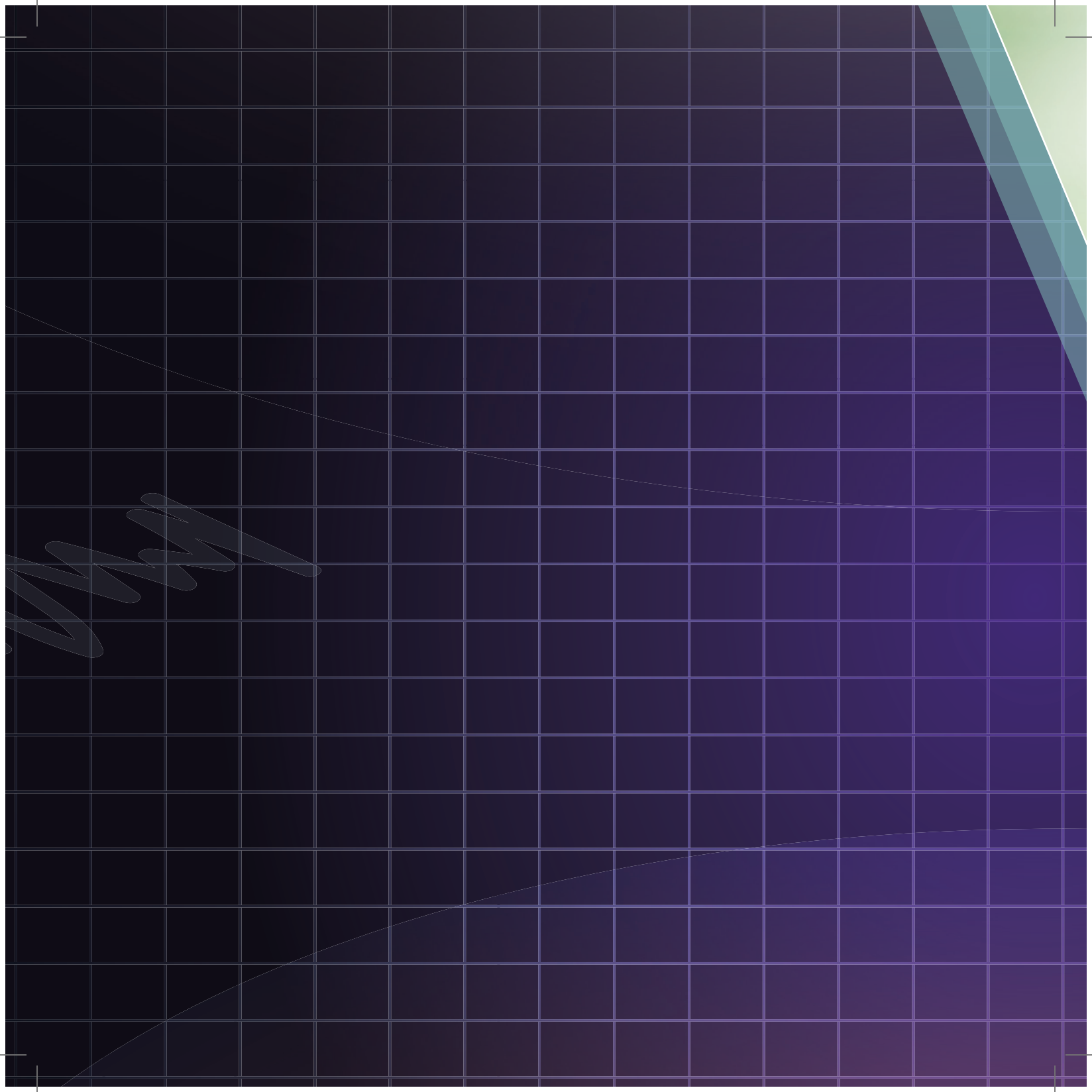


2022



WYOMING STATE MEDAL CEREMONY

HONORING 2022 GOLD, SILVER, & BRONZE MEDALISTS





Welcome

CONGRESSIONAL AWARD RECIPIENTS!

Recently, I had a chance to listen to the 1996 North Carolina State University Commencement Address, given by Mr. Fred Rogers.

This inspirational speech began, of course, with the entire graduating class singing "Won't You Be My Neighbor?" together and ended in a giant round of applause.

In his speech, Mr. Rogers made a key point about the difference between wishing and realizing our wishes, stating that a wish is far more likely to happen if we put everything behind it. Illustrating his point with his own example, Mr. Rogers shared that, in college, his greatest wish was to become a songwriter. He was crushed when an accomplished songwriter told him to "come back after he had written a barrelful of songs."

Using that disappointment as motivation to persevere, Mr. Rogers went on to write over 200 songs in his career.

By definition, "perseverance" is the "continued effort to do or achieve something despite difficulties, failure, or opposition; the action or condition or an instance of persevering; steadfastness."

Since March of 2020, you have most likely faced many obstacles on your path to achieving your Congressional Medal, the most obvious being the COVID-19 pandemic. Social distancing and mask mandates impacted your ability to connect and volunteer. If you had the virus itself, that impacted not only your health, but also the health of family members who support you on this

journey. Additionally, COVID-19 impacted small and large businesses, nonprofits, and even how we think about illness. It forced us all to make tough decisions about how to move forward, and sometimes, if we would be able to move forward.

In some instances, we found new and effective ways to do things, such as working from home or ordering groceries and picking them up. In other cases, things were not so successful. For example, as the pandemic has worn on, kids your age have shown more consistent elevations in anxiety, depression and stress, and your educational and social normalcy was disrupted.

Through it all, you persevered.

Despite the pandemic, you worked and volunteered, set goals, and turned those goals into reality. Just like Mr. Rogers, you put everything behind your wish or goal, and you have earned what very few have: A Bronze, Silver or Gold Congressional Award medal.

You have worked for months and years to begin a lifetime of community engagement, and we are so proud of you.

On behalf of the Wyoming Congressional Board of Directors and staff, congratulations! We leave you with this quote from Mr. Rogers himself:

"You rarely have time for everything you want in this life, so you need to make choices. And hopefully your choices can come from a deep sense of who you are."

PAT THOMAS

PRESIDENT BOARD OF DIRECTORS



JOHN BARRASSO, M.D.

U.S. SENATOR

Senator John Barrasso was sworn in to the United States Senate in 2007, having represented the people of Natrona County in the Wyoming State Senate from 2003-2007.

In November 2018, Barrasso was reelected to the U.S. Senate with more than 67% of the vote. He is the third-ranking member in the Senate Republican leadership as Chairman of the Senate Republican Conference. He serves on committees that directly impact Wyoming's economy, energy interests, public lands, national parks and trade.

In addition to other committee assignments, Barrasso is the ranking member of the Senate Energy and Natural Resources Committee.

Senator Barrasso is known by many as "Wyoming's Doctor." During his 24 years as an orthopedic surgeon, Barrasso served as President of the Wyoming Medical Society and was named Wyoming Physician of the Year.

Barrasso has three children: Peter, Emma and Hadley. He and his wife Bobbi live in Casper.

BOARD OF DIRECTORS AND STAFF

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Laura Schmid-Pizzato, Rock Springs



LIZ CHENEY

CONGRESSWOMAN

Liz Cheney serves as Wyoming's lone member of Congress in the U.S. House of Representatives. She was first elected in 2016 on a platform of restoring America's strength and power in the world, and pursuing conservative solutions to create jobs, cut taxes and regulation, and expand America's energy, mining and agriculture industries.

Cheney sits on the House Armed Services Committee and also serves as the Vice Chair for the House Select Committee to Investigate the January 6th Attack on the United States Capitol. From 2019 to 2021, Cheney served as the Chair of the House Republican Conference, the third-ranking Republican in the House of Representatives.

Prior to her election to Congress, Cheney served at the State Department as a Deputy Assistant Secretary of State and Principal Deputy Assistant Secretary of State for the Middle East. She also practiced law at White & Case and at the International Finance Corporation. A specialist in national security and foreign policy, she was also a Fox News analyst, and is the co-author – along with her father, former Vice President Dick Cheney – of “Exceptional: Why The World Needs a Powerful America.” She is a member of the International Board of Advisors at the University of Wyoming.

Liz and her husband Phil Perry have five children and live in Wilson, Wyoming.

CYNTHIA LUMMIS

U.S. SENATOR

Cynthia Lummis was sworn into the United States Senate on January 3, 2021, becoming the first woman to serve as United States Senator from the great State of Wyoming.

Born on a cattle ranch in Laramie County, Senator Lummis has spent her entire career fighting for Wyoming families, communities, businesses and values. From the halls of the Wyoming House to the halls of the U.S. House, her time in public service has always been focused on advocating for Wyoming's future.

Prior to serving in the House of Representatives, Senator Lummis spent eight years as Wyoming State Treasurer and 14 years as a member of the Wyoming State House and Senate. She also worked as general counsel to Wyoming Governor Jim Geringer and Director of the Office of State Lands and Investments, as well as a law clerk at the Wyoming Supreme Court.

After departing U.S. House of Representatives in 2016, Senator Lummis operated her family's cattle ranches, and the Sweetgrass development in Laramie County, with her brother and sister. She is a three-time graduate of the University of Wyoming in animal science, biology and law.

Senator Lummis and her late-husband, Al Wiederspahn, have one daughter, Annaliese, son-in-law Will Cole and grandsons Gus and Al.



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**VISIT
CHEYENNE**
WYOMING

Four Program Areas

The Congressional Award is about challenge at your own pace. It is a fun and interesting way for participants to get more involved in the community and to improve themselves. To earn the Congressional Award, participants set goals in all four program areas: Voluntary Public Service, Personal Development, Physical Fitness, and Expedition/Exploration.

VOLUNTARY PUBLIC SERVICE (VPS)

Public service goals are the heart of the Congressional Award program, related to the sharing of time and talents for the benefit of others.

EXPEDITION OR EXPLORATION (E)

This goal challenges participants to experience new surroundings, interact with the wilderness, or be immersed in a new culture.

PHYSICAL FITNESS (PF)

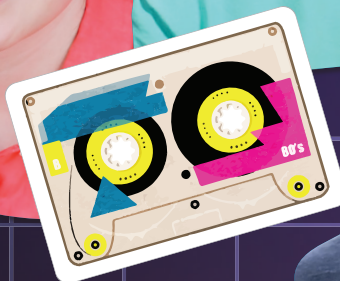
Physical fitness goals allow participants to improve their quality of life through fitness activities.

PERSONAL DEVELOPMENT (PD)

Personal development goals challenge participants to expand their horizons while developing individual interests and social and life skills.

2022

BRONZE & SILVER MEDALISTS







JONNINA EDMUNDS

BRONZE AND SILVER

Location: Cheyenne East High School

Parents: Anne Edmunds

Advisor: Rachel Bailey

Volunteer Public Service:

- Create and carry out a School Nurse Closet Project for my Girl Scout Gold Award
- Work with other Girl Scout troops in my community to provide service for others
- Knit 20 hats for babies born at Cheyenne Regional Medical Center
- Get involved with a volunteer organization I have never been involved with before

Physical Fitness:

- Improve my strength and stability in my leg muscles

Personal Development:

- Improve my piano, trombone, and cello skills

Expedition:

- Teton National Park in Alpine, WY



WYATT GRIFFIN

BRONZE AND SILVER

Location: Pinedale High School

Parents: Jimbob and Dahlia Griffin

Advisor: Rose Robertson

Volunteer Public Service:

- As a 4-H Junior Leader, Club Officer, and FFA Greenhand Reporter, I will mentor younger members, teach them to be better leaders and teach them to care for their animals
- Volunteer at concessions and help with monthly community service projects / volunteer projects through 4-H and FFA
- Run for a student council position and volunteer my time to help better my high school class
- Through student council, participate in community events such as planning and implementing dances, homecoming activities, food drives, carnivals, and other service projects

Physical Fitness:

- Become a better wrestler by committing to daily practices during wrestling season and practicing a minimum of 8 hours per week
- Stay active during my wrestling off-season
- Work to become a more well-rounded athlete by learning how to play golf and train for a half marathon

Personal Development:

- Audition for the Pinedale High School musical to get over my fear of singing in public
- Practice my French horn consistently to improve my skill, successfully perform at Universal Orlando, and work to qualify for All-State Marching
- Teach myself guitar to become a better, more well-rounded musician and be better able to master the French horn

Expedition:

- North Dakota



AIDAN KIM-MILLER
BRONZE AND SILVER

Location: Jackson Hole High School

Parents: Matthew and Mindy Kim-Miller

Advisor: Karen Smith

Volunteer Public Service:

- Help the underserved
- Beautify the Jackson Hole community

Physical Fitness:

- Improve my basketball skills and physical conditioning

Personal Development:

- Improve my skills in shotgun shooting
- Learn to drive manual and automatic
- Improve my leadership skills

Expedition:

- Island Park Scout Camp in Idaho



MADELINE MORENO
BRONZE AND SILVER

Location: American University,
School of International Service

Parents: Hermann and Mary Moreno

Advisor: Dianne Kirkbride

Volunteer Public Service:

- Serve those experiencing poverty in my community

Physical Fitness:

- Run a half marathon in under 2 hours

Personal Development:

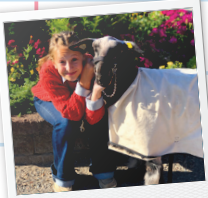
- Read 8 new books for pleasure

Expedition:

- Grand Canyon







KATIE MORRISON

BRONZE

Location: Powell High School

Parents: Tim and Heather Morrison

Advisor: Joyce Ostrum

Volunteer Public Service:

- Help the Dano non-profit group by planning events, making meals, and selling pottery

Physical Fitness:

- Increase my squat weight
- Learn other leg exercises

Personal Development:

- Become a better livestock judge

Expedition:

- Phoenix, AZ



JASPUR NUSBAUM

BRONZE

Location: Burns High School

Parents: Cody and Jeanette Nusbaum

Advisor: Kaycee Tidyman

Volunteer Public Service:

- Be involved with various community activities
- Volunteer with my 4-H group at the Laramie County Fair
- Make gifts for and go caroling to the elderly
- Take care of animals at the animal shelter
- Help the kids in my community through a football camp and sporting events

Physical Fitness:

- Increase my weight and reps from 135 lb. to 160 lb. and from 1 to 5 reps
- Increase my Triple Jump distance in track

Personal Development:

- Develop my leadership skills
- Read 4 books a month outside of anything required for school

Expedition:

- South Dakota



KINLEY NUSBAUM

BRONZE

Location: Burns High School

Parents: Cody and Jeanette Nusbaum

Advisor: Brittany Mitchell and Dianne Kirkbride

Volunteer Public Service:

- Be involved with various community activities
- Volunteer at the Laramie County Fair, Wyoming State Fairs, and various 4-H and FFA activities
- Volunteer with various school activities

Physical Fitness:

- Stay in good physical shape and improve my deadlift from 125 lb. to 200 lb.
- Increase my vertical, my flexibility and my running form

Personal Development:

- Learn how to drive
- Participate in four areas of testing and one speaking competition in Future Business Leaders of America

Expedition:

- Arches National Park, the Grand Canyon, and Las Vegas, NV



ELI POLK

BRONZE AND SILVER

Location: Homeschool

Parents: Dan and Heidi Ware

Advisor: Dianne Kirkbride

Volunteer Public Service:

- Help serve others in my community

Physical Fitness:

- Run a mile in 6 minutes or less

Personal Development:

- Further develop my skills as an artist

Expedition:

- Lewis Lakes Trailhead



ISAIAH POLK

SILVER

Location: Homeschool

Parents: Dan and Heidi Ware

Advisor: Dianne Kirkbride

Volunteer Public Service:

- Volunteer for Cheyenne Frontier Days and the Old West museum

Physical Fitness:

- Hit the baseball 8 out 10 times at bat
- Deadlift 150 lb.

Personal Development:

- Be put in a position of leadership within the Civil Air Patrol program
- Learn how to drive

Expedition:

- Glendo State Park



MICHAEL RUBICH

BRONZE

Location: Rock Springs High School

Parents: Marko and Heidi Rubich

Advisor: Laura Schmid-Pizzato

Volunteer Public Service:

- Improve my school and community

Physical Fitness:

- Kick a 50-yard field goal

Personal Development:

- Learn how to drive
- Become a good cook

Expedition:

- Seminole Reservoir in Sinclair, WY



ANNE RITSCHARD

SILVER

Location: Homeschool

Parents: Hans and Carolyn Ritschard

Advisor: Dianne Kirkbride

Volunteer Public Service:

- Perform music for the encouragement of others in my community

Physical Fitness:

- Increase my endurance, with a goal of running 1 mile in under 8 minutes

Personal Development:

- Progress in music theory and technique in playing the piano and violin, so I can play more advanced pieces

Expedition:

- Alaska



LUKAS SALSGIVER

BRONZE

Location: Central High School

Parents: Jason and Amy Salsgiver

Advisor: Dianne Kirkbride

Volunteer Public Service:

- Filled and distributed Friday Food Bags throughout lockdown to ensure students continued receiving meals
- Assisted in teaching soccer skills to children with disabilities during the summer

Physical Fitness:

- Lift daily
- Participate in track and field at my high school
- Gain specific skills at a throwing camp focused on shotput and discus

Personal Development:

- Increase my fly fishing techniques
- Spend outdoor time with my Grandfather (an accomplished fly fisherman) and gain skills with him

Expedition:

- Sugarloaf Mountains in Medicine Bow National Forest



AVA TAYLOR

SILVER

Location: Cheyenne Central High

Parents: Erin and Shawn Taylor

Advisor: Dianne Kirkbride

Volunteer Public Service:

- Be involved in Cheyenne Frontier Days as a volunteer

Physical Fitness:

- Improve my mile time
- Get into soccer shape
- Maintain or better my endurance throughout the season

Personal Development:

- Get enough driving hours with my driver's permit to obtain my license when I turned 16

Expedition:

- Yellowstone National Park



JILLIAN TRIMBLE

BRONZE

Location: Central High School

Parents: Lisa and Shawn Trimble

Advisor: Trista Ostrom

Volunteer Public Service:

- Volunteer in Cheyenne to learn more about organizations in my community

Physical Fitness:

- Get a part-time job to learn responsibility and time management

Personal Development:

- Participate in dance and successfully complete a double pirouette

Expedition:

- Glendo, WY



2022

GOLD MEDALISTS





BROOKE BINDL

GOLD



Location: Mountain View High School

Parents: Curt and Ashley Bindl

Advisor: Laura Schmid-Pizzato

Volunteer Public Service:

- Serve people in need during Christmas by providing food and presents
- Donate eyeglasses to help people who don't have access to them

Physical Fitness:

- Improve my personal times in swimming

Personal Development:

- Become a better baker and sewer

Expedition:

- Washington, DC; Italy; China; and the U.S. (virtual expedition)

Personal Statement: My favorite memory was attending the Congressional Award Retreat in Curt Gowdy State Park. I met new people, was involved in many service projects, and became very motivated to bring everything I learned back to my community.

FAITH BRANDT

GOLD



Location: Rock Springs High School

Parents: Kelly and Jennifer Brandt

Advisor: Laura Schmid-Pizzato

Volunteer Public Service:

- Help out with many events in my community

Physical Fitness:

- Weight lifting

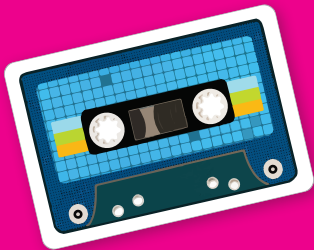
Personal Development:

- Cake baking/decorating

Expedition:

- Peloponnese, Greece (virtual exploration)

Personal Statement: Working the 2019 National High School Finals Rodeo is one of my favorite public service memories. It was such a fun time, and I met people from all over the country.





FAITH DANNER

GOLD

Location: East High School

Parents: Bill and Renee Danner

Advisor: Rachel Bailey

Volunteer Public Service:

- Volunteer for non-profit organizations in my community
- Improve school spirit by playing with the East High School band
- Help students improve their music skills

Physical Fitness:

- Improve my cardio by walking every day and doing core strength exercises

Personal Development:

- Improve my music skills by participating in private lessons and extra-curricular musical ensembles

Expedition:

- Iceland (virtual expedition)

Personal Statement: During Christmas, I played at the Veterans' Administration with the Cheyenne Fiddle Orchestra. I am grateful that the VA allowed us to come and bring joy to its community. The happiness on everybody's faces made the whole experience extraordinary.



HENRY DICKINSON

GOLD

Location: John C. Schiffer Collaborative High School

Parents: Paul and Lori Dickinson

Advisor: Sharie Shada

Volunteer Public Service:

- Maintain and document our local history and educate the public of its importance

Physical Fitness:

- Build endurance for hiking and backpacking trips

Personal Development:

- Make Artisanal bread

Expedition:

- New York City (virtual research)

Personal Statement: I felt like I had really made a difference at the end of last summer, when I was able to look back into an empty storage room that was, for many years, filled end-to-end with artifacts that needed to be cataloged and properly stored. Knowing I was able to help the museum preserve history for future generations by volunteering my time is a really great feeling. I am deeply grateful for a chance to give back to my community in this way. The fact I learned so much in the process is really a bonus.





NATHAN DUDA

GOLD

Location: Laramie County Community College

Parents: Jason and Jamie Duda

Advisor: Dianne Kirkbride

Expedition:

- Philmont, NM

Volunteer Public Service:

- Volunteer with Boy Scouts of America and JROTC to help with community events like Frontier Days and the Delta Kappa Gamma book sale

Physical Fitness:

- Improve how many ups I can do in a minute

Personal Development:

- Earn work experience with a part-time job at Walmart
- Study Japanese

Expedition:

- Attend Philmont Ranch Camp in New Mexico

Personal Statement:

Helping out at the botanic gardens, I would do anything from watering flowers to sweeping the sidewalks. The work wasn't always easy, but it felt good being able to help out. One day, the botanic gardens hosted a water fight, and everyone was having fun spraying each other, bombarding one another with water balloons, you name it. It felt good seeing firsthand that maintaining the gardens let all the kids have fun, and seeing them happy made me feel happy, too.



DAWSON FANTIN

GOLD

Location: Rock Springs High School

Parents: Paul and Debra Fantin

Advisor: Laura Schmid-Pizzato

Volunteer Public Service:

- Continue the recycling program I began at Westridge Elementary School

Physical Fitness:

- Lower my average golf score by 6 strokes (from 59 to 53) on 9 holes

Personal Development:

- Maintain my mastery and memorization of "Bohemian Rhapsody" for my piano recitals

- Memorize and master "Bennie and the Jets" for my piano recitals

Expedition:

- New Fork Lakes area

Personal Statement:

I remember volunteering for the Cowboys Against Cancer (CAC) banquet dinner and hearing several people get up and speak about how much CAC helped them while they were battling cancer. They were so emotional and thankful, and that's when I knew what I was doing really did make a difference.



HUDSON GARNER

GOLD

Location: Rock Springs High School

Parents: Jasson and Anjela Garner

Advisor: Laura Schmid-Pizzato

Volunteer Public Service:

- Make my community a little better
- Show people that, even in these hard times, there are still good people

Physical Fitness:

- Start on the varsity level baseball team as an outfielder or catcher

Personal Development:

- Work at a local breakfast shop for the summer and first semester of school to earn money on my own, have more responsibility, meet new people, and gain new skills for life

Expedition:

- Wind River Mountain Range in Pinedale, WY

Personal Statement:

I was able to explain why I was volunteering at the National High School Finals Rodeo to someone from Australia. They told me they were glad to see young people in this world trying to do better things in life, and that has always stuck with me. It reminds me why I enjoy helping the community.



KOYE GILBERT

BRONZE, SILVER, AND GOLD

Location: Encampment High School

Parents: Duane and Chloe Gilbert

Advisor: Janice Peterson

Volunteer Public Service:

- Promote participation in athletics and activities, and improve community spirit
- Mentor youth
- Community beautification
- Help members in my community.

Physical Fitness:

- Improve my speed and agility from 6:35 to 6:15
- Improve my rebounding percentage from 2.3 to 3.5 per game

Personal Development:

- Improve my leadership skills
- Improve my ranch work skills and agricultural knowledge

Expedition:

- Six Mile Campground in Encampment, WY

Personal Statement:

I was working on the beautification of our town's old cemetery, right next to the county road that runs out of town. One day, multiple people stopped to tell me how good of a job I was doing and how happy they were that I was fixing it up. Right then, hearing from community members that they were happy and excited to see the final product, was when I knew every spike I pounded and log I cut was feeding the smiles and joyfulness of multiple community members. Without being a part of this amazing program, I wouldn't have been able to make all those people happy!



CARL GRAY

BRONZE, SILVER, AND GOLD

Location: Thunder Basin High School

Parents: J.D. and Lynne Gray

Advisor: Cinnamon Lenhart

Volunteer Public Service:

- Foster community pride around 4-H

Physical Fitness:

- Complete a mile in under 6:30

Personal Development:

- Become a proficient and consistent shooter

Expedition:

- Raton, NM

Personal Statement:

One of my favorite memories is from packing for my trip to Raton. My dad and I packed all of the ammo into one suitcase and let it fall off the bed. Not thinking, we both grabbed a strap of the suitcase, and pretty soon, it was back on the floor. We'd broken the strap that we both had grabbed to pick it up!



RACHEL KUNTZ

GOLD

Location: University of Wyoming

Parents: Chris and Mitsue Kuntz

Advisor: Joyce Ostrom

Volunteer Public Service:

- Give back to Dano Youth Camp for the opportunities they've given me
- Inspire youth to grow within themselves
- Encourage and set an example for youth to become more involved in their communities

Physical Fitness:

- Use versatile physical therapy exercises and swim workouts to be able to move my shoulders with ease

Personal Development:

- Pursue a degree in nursing, then expand my practice and knowledge to provide quality care for patients through assessment and inquisitive skills learned throughout the years

Expedition:

- Prescott, AZ

Personal Statement:

I sat down with my advisor, Joyce Ostrom, to refine my goals and check my hours for my Silver Medal application, and we saw I was relatively close to having 400 Volunteer hours for my Gold Medal. It made me feel proud of all I had accomplished. Looking back on where I had started to where I am now, I've grown to be a better person today and made it a goal to be a greater person tomorrow. Now, through volunteering with Laramie Animal Welfare Society (LAWS), I have volunteered for over 600 hours and have a new puppy! :)



GRACIE MCGRAW

BRONZE, SILVER, AND GOLD

Location: Cheyenne East High School

Parents: Jennifer McGraw

Advisor: Rachel Bailey

Volunteer Public Service:

- Be exposed to activities that bring joy to others
- Serve alongside nonprofit organizations

Physical Fitness:

- Improve my volleyball abilities and make varsity

Personal Development:

- Read books
- Meet with friends to discuss books and obtain more understanding

Expedition:

- New York (virtual research)

Personal Statement:

I was helping coach volleyball for elementary school kids, and they all looked up to me so much. They motivated me to keep playing, myself, and to think about coaching more in the future. A lot of the kids still had love and curiosity for the game, and I knew the way I treated them could make or break their feelings about it.



ALLISON MORRISON

GOLD

Location: Powell High School

Parents: Tim and Heather Morrison

Advisor: Joyce Ostrum

Volunteer Public Service:

- Assist my local 4-H extension office
- Help the Dano Youth Organization

Physical Fitness:

- Improve my overall health
- Record my steps and hours of activity every day
- Adjust my diet and eat healthy

Personal Development:

- Take on a 4-H/FFA market lamb project
- Show my sheep at the county fair
- Place top 5 in 4-H and FFA showmanship

Expedition:

- South Dakota

Personal Statement:

By participating in the Congressional Award, I have gained personal strengths such as time management, dedication, motivation, and responsibility. I have had to move my schedule around to continue with other things that need to be done and complete all aspects of the Congressional Award. I have also had to keep my motivation throughout the years to finally get my gold medal. Tracking my hours and executing my goals kept me responsible.



KARLI NELSON

GOLD

Location: Rock Springs High School

Parents: Curtis and Lisa Nelson

Advisor: Laura Schmid-Pizzato

Volunteer Public Service:

- Volunteer at community events (Sweetwater County Fair, Urban Renewal Agency Farmer's Market, International Days, and Sweetwater County School District #1 elementary schools)

Physical Fitness:

- Increase my endurance and strength by attending open gym and weights for volleyball and soccer
- Increase the weight I can squat from 160 to 180 lb.

Personal Development:

- Complete many hours of daytime/nighttime driving with my parents in town, on the interstate and on highways across Wyoming to increase my safe driving habits and obtain my driver's license
- Complete a college preparatory ACT class and independent ACT preparatory study guide

Expedition:

- Fremont Lake in Pinedale, WY

Personal Statement:

I volunteered for the community soup kitchen/soup pantry and enjoyed helping others who are less fortunate than me. It was a very rewarding experience being able to help others and make a difference in someone's life.



ALEXANDRA ROBERT

BRONZE, SILVER, AND GOLD

Location: Cheyenne South High School

Parents: Kim Robert

Advisor: Kate Tietjen

Volunteer Public Service:

- Prepare for and play public performances to enhance events that benefit the general public

Physical Fitness:

- Improve performance in my overall health by benching 115 lb. or more for multiple sets of 10 reps

Personal Development:

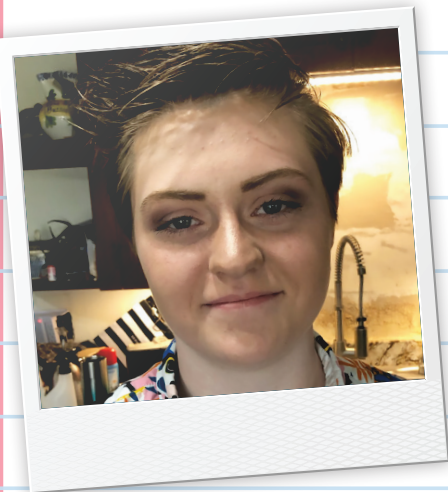
- Improve my acrobatic abilities of performing skills up to a standing back tuck with no spot

Expedition:

- Anna Maria Island, FL

Personal Statement:

During my exploration and expedition, I was sitting with my family on the beach watching the sunset. At that moment, I realized the amount of growth and healing my family underwent since the passing of my dad. I believe that being a part of this program helped me focus on improving myself by focusing on the development of internal characteristics and community service. I know that the skills I have gained from this program will be utilized through my career and life.



SENEVA SULLIVAN

GOLD

Location: Laramie County Community College

Parents: John Sullivan and Christina Muggenburg

Advisor: Rachel Bailey

Volunteer Public Service:

- Help people at the COMEA Shelter through my church by cooking meals
- Help out in the IB office with events, activities, and daily office duties

Physical Fitness:

- Improve my flexibility and arm, chest and ab strength to be more proficient at aerial hoop dance

Personal Development:

- Improve my customer service skills by working at the Civic Center
- Improve my violinist skills by working on techniques

Expedition:

- Washington, D.C.

Personal Statement:

Working with the COMEA Shelter was a really motivating experience. Before the pandemic hit, we would go serve the food we cooked, and it was really gratifying to see the affect it had on the people.



BERKELEY SNYDER

GOLD

Location: Rawlins High School

Parents: Brandon and Dawnessa Snyder

Advisor: Judy Stepp

Volunteer Public Service:

- Increase school spirit and school pride
- Manage boys' basketball
- Be active in homecoming and other school functions
- Participate in FBLA and their community service efforts
- Sell smoothies and volunteer for community Christmas activities

Physical Fitness:

- Improve my dance skills and technique by performing and choreographing complex dances
- Work on my dance knowledge so I can teach dance in the future

Personal Development:

- Improve my art and photography techniques
- Receive a "Best of Show" award at the Carbon County Fair for my artwork and photography
- Use my art skills to do a bigger art project that will benefit the community

Expedition:

- Jeju Volcanic Island and Lava Tubes, Mayan Temples, Chand Baori, Bryce Canyon National Park, and Ancient Rome (virtual exploration)

Personal Statement:

My favorite activity was painting at the elementary school. The walls are a stark, institutional white, and the building is for kindergarteners and first graders. I used multiple colors to paint colored pencils to brighten the hallways. My favorite part is seeing how excited students get when they come into the building and see the fun mural.



HARRIS TANNER

GOLD

Location: Rawlins High School

Parents: Nathan and Randi Tanner

Advisor: Judy Stepp

Volunteer Public Service:

- Serve elderly women in my community

Physical Fitness:

- Maintain a schedule of physical activity
- Participate in various sports
- Practice healthy dietary habits

Personal Development:

- Further my development within art
- Read a number of books by the end of the year

Expedition:

- Scotland, UK

Personal Statement:

While working on my voluntary public service goal, I spent a lot of time with the elderly women in my community. I developed relationships with them that I will never lose and am forever grateful for. Being able to have those friends in my community and look out for them truly changed me, made me much more selfless, and taught me so much. Being a part of this program made me a more caring, driven, and motivated individual.



ELLIE WEIBEL

BRONZE, SILVER, AND GOLD

Location: Casper College

Parents: Cory and Jill Weibel

Advisor: Chase Olsen

Volunteer Public Service:

- Volunteer as a trainer and a lifeguard

Physical Fitness:

- As a volleyball player, improve my passing score from 2 to 2.7

Personal Development:

- Improve my lifeguarding skills and keep up with certificates
- Improve my barista skills

Expedition:

- Clearwater, FL

Personal Statement:

Many of my volunteer hours came from volunteering in my high school's athletic training room. I enjoyed the camaraderie of the athletes and learned so much from my mentor, the athletic trainer at my high school. One day, one of our athletes cut right above his eye open. I was called to the gym to help with the injury. I felt confident in what we were doing to help him, and I was proud they knew they could count on me to help. Situations like these motivated me to continue volunteering in the athletic training room. I knew I made the right choice in being a part of this program because it helped solidify my dreams of working in the medical field after I graduate college.



KORA WILLIAMS

GOLD

Location: University of Wyoming

Parents: Mike and Melissa Williams,
Krista Williams

Advisor: Dianne Kirkbride

Volunteer Public Service:

- Assist Kids with art projects at the Old West Museum Art Camp

Physical Fitness:

- Improve my ability to paint with watercolors and acrylic paint
- Improve baking skills

Personal Development:

- Improve soccer skills and ability to head the balls

Expedition:

- Denmark (virtual expedition)

Personal Statement:

Volunteering at the YMCA, elementary schools, and OWM summer camps has helped me realize that not all kids are as fortunate as others. I knew I was making the right choice being part of this program when I saw how everything I did affected those around me.



MEGAN ZOTTI

GOLD

Location: Rock Springs High School

Parents: Rob and Joanne Zotti

Advisor: Laura Schmid-Pizzato

Volunteer Public Service:

- Better my community through volunteering

Physical Fitness:

- Push myself to be a better libero for my volleyball team
- Keep in shape in and out of season

Personal Development:

- Become proficient at driving in all kinds of weather

Expedition:

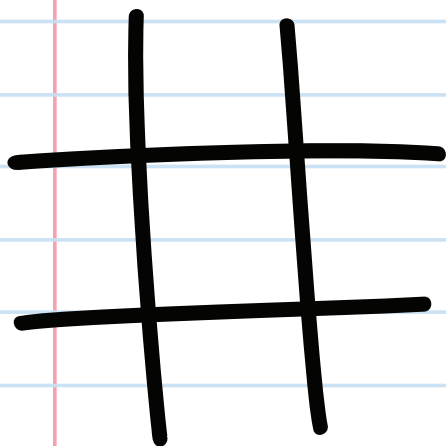
- Florida

Personal Statement:

When I was volunteering my time for the National High School Finals Rodeo, I found that my community runs off of volunteer workers. If there weren't any volunteer workers, some events wouldn't have happened. That motivated me to volunteer my time more in the community where help was needed. It changed my perspective on how communities run, and it will constantly remind me to do my part in the community I am in.

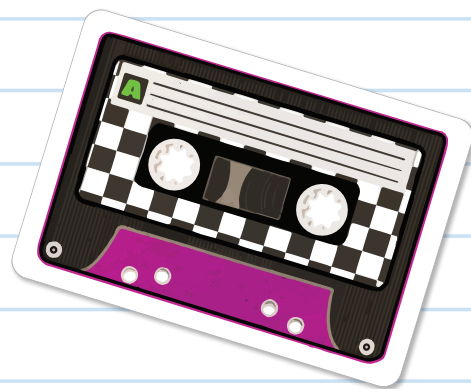
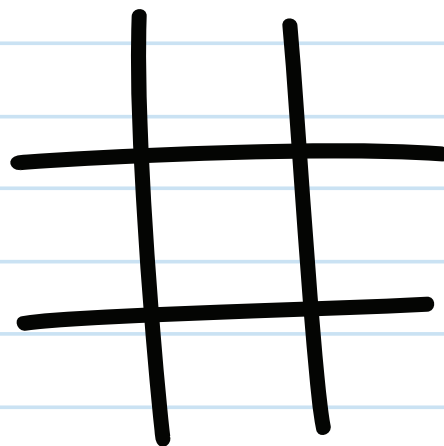
2022

MEMORIES, DOODLES, NOTES, AUTOGRAPHS



"What you get by achieving your goals is not as important as what you become by achieving your goals."

- Zig Ziglar





Special Thanks **CONGRESSIONAL AWARD RECIPIENTS!**

ADVISORS TO THE CONGRESSIONAL AWARD MEDALISTS

Rachel Bailey
Dianne Kirkbride
Chase Olsen
Joyce Ostrom
Trista Ostrom
Janice Peterson
Rose Robertson
Laura Schmid-Pizzato
Sharie Shada
Karen Smith
Judy Stepp
Kate Tietjen
Misty Whetstone

CHEYENNE CIVIC CENTER

Andrew Hays
Christina Muggenburg

NATIONAL ANTHEM

Anne Ritschard - Piano, 2022 Silver Medalist

PRESENTATION OF COLORS BY CHEYENNE COMPOSITE SQUADRON, CIVIL AIR PATROL

Led by Cadet Senior Master Sergeant
Eli Polk, 2022 Bronze & Silver Medalist
Advised by Captain Todd Deporter

ADDITIONAL CADETS PRESENTING:

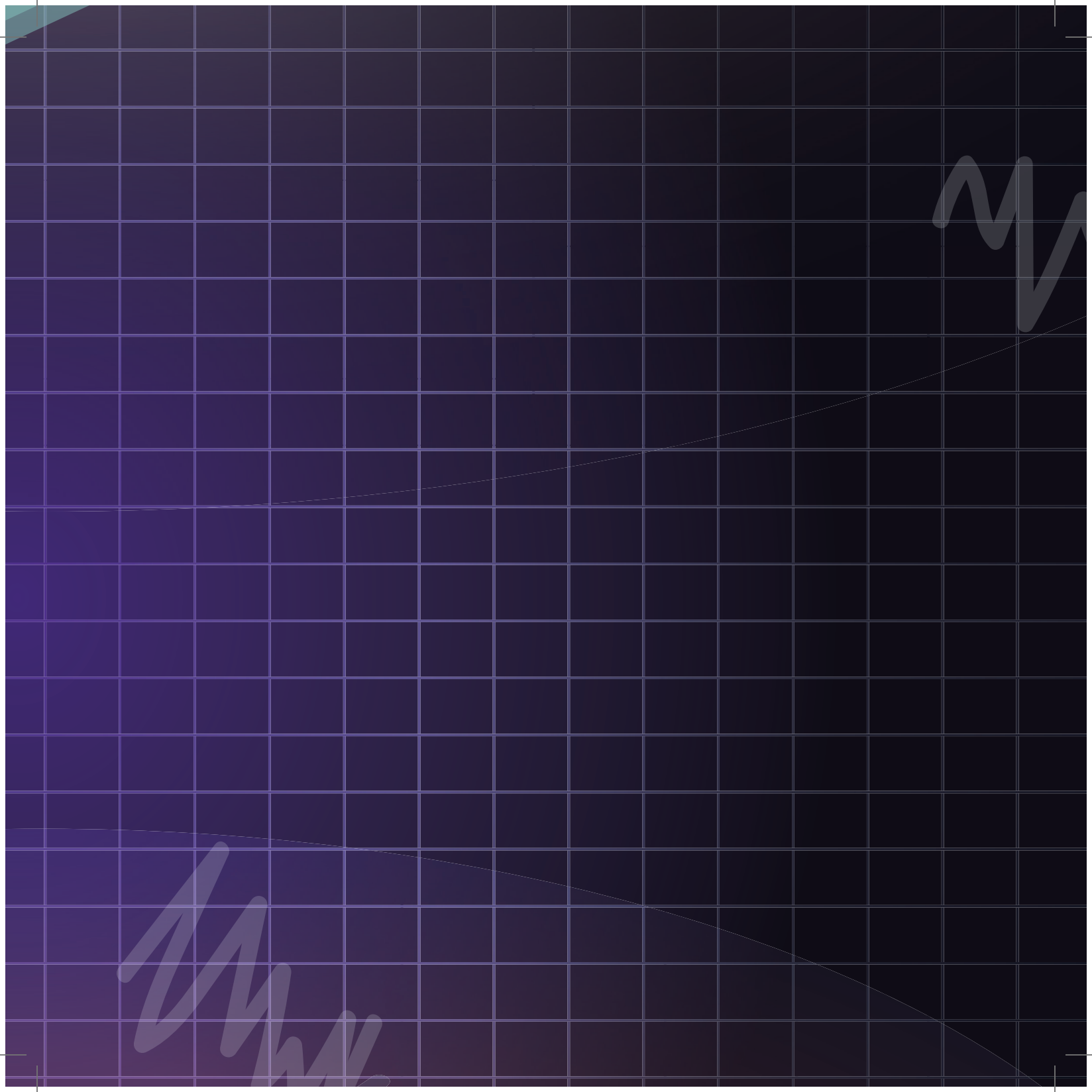
Cadet Senior Airman Morgan
Cadet Staff Sergeant Arwood
Cadet Airman First Class Butts
Back Up: Cadet Airman First Class Tunnickliff

PROGRAM DESIGN

West Edge Collective

PHOTOGRAPHY

Ashley Christiansen Photography
Breakfast catered by LCCC Catering



2022



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