



**37TH ANNUAL
RECOGNITION OF
WYOMING CONGRESSIONAL
AWARD RECIPIENTS**

Welcome!

It is an honor to recognize 165 Wyoming recipients of the Congressional Award at the 37th annual medal ceremony. These outstanding youth have successfully met the challenge of establishing and meeting goals related to volunteerism, personal development, physical fitness, and wilderness and cultural immersions. Recipients demonstrate discipline, determination, self-direction, motivation, and responsibility to achieve a high level of standards set forth by this award.

Wyoming has long been the leader in the Congressional Award program. Wyoming's own late Senator Malcolm Wallop was the driving force behind the bipartisan effort in both the United States Senate and the House of Representatives to establish the Congressional Award Act in 1979 to "recognize initiative, achievement, and service in young people." This act was originally signed into law by President Jimmy Carter, and continuing legislation has been signed by Presidents Ronald Reagan, George H. Bush, Bill Clinton, George W. Bush, and Barack Obama. The Congressional Award continues to be Congress's first and only award specifically for youth. Senator Mike Enzi, Senator John Barrasso, and Congresswoman Liz Cheney continue this leadership both within Wyoming and nationally to promote and support the Congressional Award.

On behalf of the Wyoming Congressional Award Board of Directors, I would like to especially thank our outstanding Wyoming Congressional Delegation, Wyoming State dignitaries, parents and families, teachers, mentors, advisors, and friends for your contributions to this program and these youth. Together we succeed in making the Wyoming Congressional Award program a national model of volunteerism!

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Wyoming Congressional Award Council



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MIKE ENZI · U.S. SENATOR

Mike Enzi was sworn in as Wyoming's 20th United States Senator on January 7th, 1997. He has served as a member of the Senate Health, Labor and Pensions, Homeland Security and Government Affairs, Small Business, and Education Committees. He is currently the Republican Leader of the HELP Subcommittee on Children and Families and is Chairman of the Budget Committee. Prior to serving in the U.S. Senate, Senator Enzi served in the Wyoming Air National Guard, as a two-term Mayor of Gillette, Wyoming, as a three-term Wyoming state representative, and a Wyoming state senator.



JOHN BARRASSO, M.D. · U.S. SENATOR

John Barrasso, M.D., has a long and distinguished career in both medicine and public service. He was appointed to the Senate in 2007, continued to serve after a special election in 2008, and was re-elected in 2012. He is the fourth-ranking member in the Senate Republican leadership as Chairman of the Senate Republican Policy Committee. He currently serves on the Energy and Natural Resources, Environment and Public Works, Indian Affairs, and Foreign Relations Committees. 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, a rodeo physician for the Professional Rodeo Cowboys Association, and was named Wyoming Physician of the Year.



LIZ CHENEY · U.S. REPRESENTATIVE

Liz Cheney was elected to the U.S. House of Representatives in 2016. She serves on the House Armed Services, Natural Resources, and Rules Committees. Prior to her election in Congress, Representative Cheney served as the Principal Deputy Assistant Secretary of State for the Middle East. She also practiced law at White & Case, was a Fox News Contributor, and the co-founder of two non-profit organizations: Keep America Safe and Alliance for a Strong America focused on educating voters about the importance of American leadership in the world. She is the coauthor, along with Vice President Cheney, of *Exceptional: Why The World Needs a Powerful America*, and a member of the International Board of Advisors at the University of Wyoming.

FOUR PROGRAM AREAS

The Congressional Award is about challenge. It is a fun and interesting way to get more involved in something you already enjoy or something you would like to try for the first time. 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. Volunteer work must be performed, without pay or school credit, for the community at large. Activities should benefit organizations that are nonprofit and neither politically nor religiously affiliated.

Physical fitness goals allow participants to improve their physical condition by setting and achieving a measurable goal. Goals should show the participant's skill level both at the start and the end of the duration of the activity. Both team and individual sports or activities are acceptable as long as they are not required for school credit. Participants may have up to two physical fitness goals for each level.

PHYSICAL FITNESS (PF)

EXPEDITION OR EXPLORATION (E)

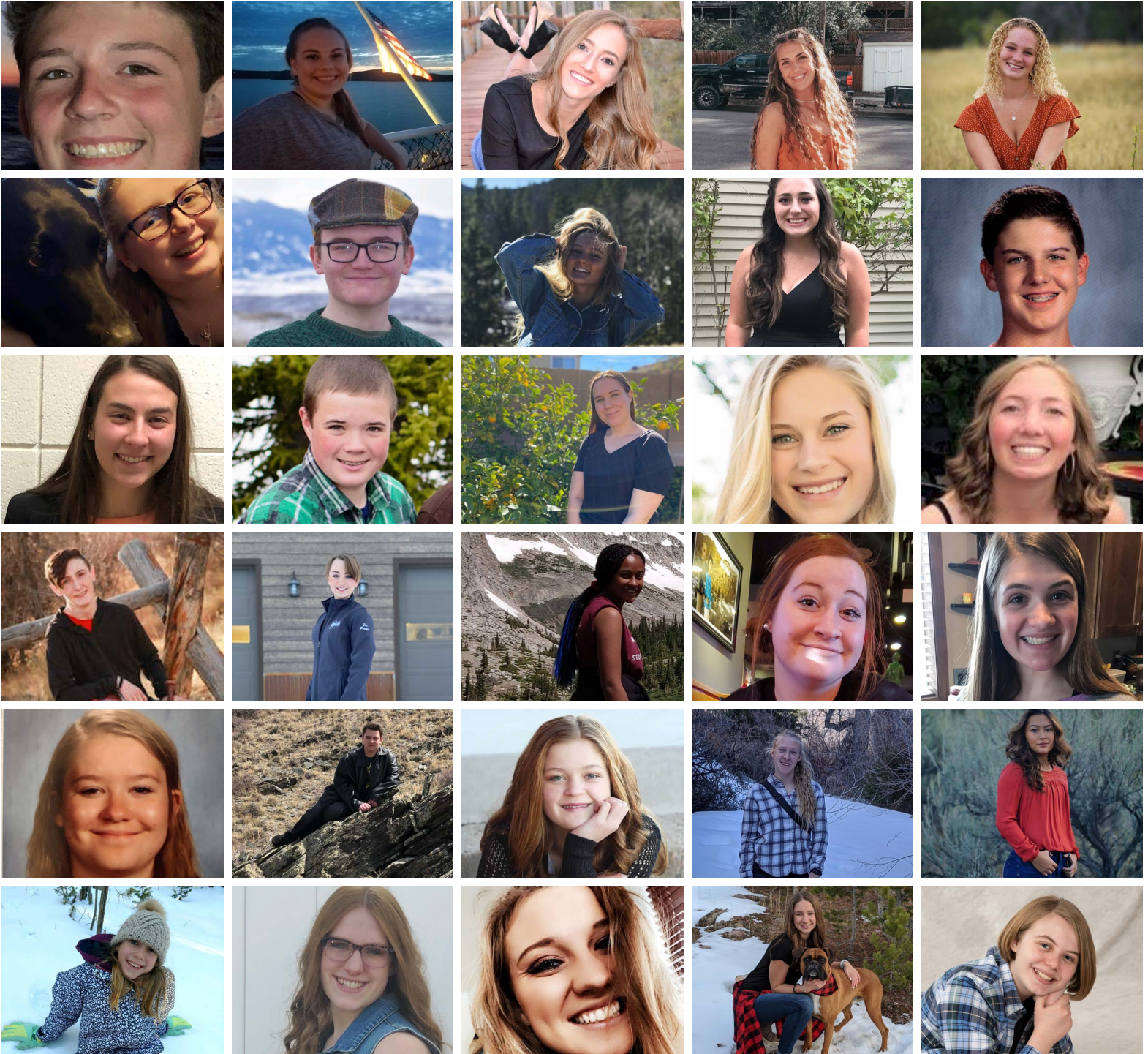
This goal challenges participants to experience new surroundings, interact with the wilderness, or be immersed in a new culture while learning the necessary skills to adapt. In both cases, planning is an essential element in the experience.

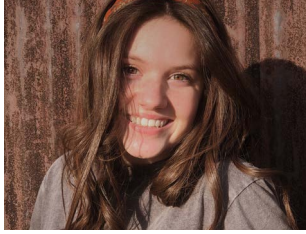
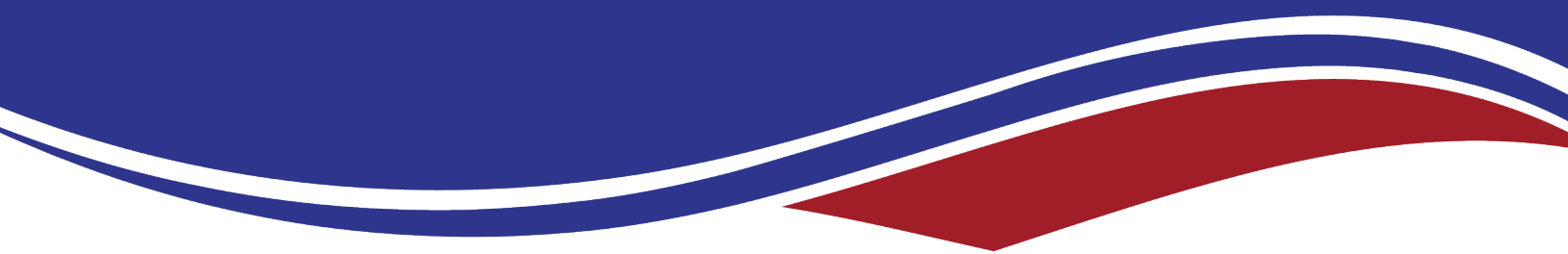
Personal development goals allow participants to learn new skills and interests or to improve current skills or interests. While appropriate extracurricular activities may be used for this goal, no activity required for school credit is acceptable. Participants may have up to two personal development goals for each level

PERSONAL DEVELOPMENT (PD)



2020 BRONZE AND SILVER MEDALISTS





MICHAEL GRANT BANGERTER



Cheyenne, WY

BRONZE AND SILVER

Parents: Jed & Mandy Bangarter
Advisor: Misty Whetstone

- VPS: Children's Therapy Group
- PD: Sign language
- PF: Lower body strength
- E: Orange County, CA

KAITLYN BEAVERS



Powell, WY

BRONZE

Parents: Brian & Erin Beavers
Advisor: Joyce Ostrom

- VPS: Local food banks
- PD: Cattle industry
- PF: Faster swimmer
- E: Beartooth Mountains, WY

MCKENZIE BOLTZ



Cheyenne, WY

SILVER

Parents: Alicia & Randy Boltz
Advisor: Trista Ostrom

- VPS: Volunteer activities in her community
- PD: Saving money
- PF: Softball
- E: Mexico

FAITH BRANDT



Rock Springs, WY

SILVER

Parents: Kelly & Jennifer Brandt
Advisor: Laura Schmid-Pizzato

- VPS: National High School Finals Rodeo
- PD: Data entry job
- PF: Volleyball
- E: Boston, MA

ISABELLE CRUZ



Sheridan, WY

BRONZE

Parents: Cori & Lin Cruz
Advisor: Nadine Gale

- VPS: BBBS, student council & church
- PD: Wyoming Allstate Honors Orchestra
- PF: Yoga
- E: Ciudad Juarez, Mexico

FAITH DANNER



Cheyenne, WY

BRONZE

Parents: William & Renee Danner
Advisor: Misty Whetstone

- VPS: Golf
- PD: Music
- PF: Cardio & squats
- E: Souix Falls, SD and Schelswig, IA

HENRY DICKINSON



Sheridan, WY

BRONZE

Parents: Paul & Lori Dickinson
Advisor: Sharie Shada

- VPS: History
- PD: Models and dioramas
- PF: Disk Golf
- E: Battle of Little Big Horn Reenactment, WY

KENDREW ELLIS



Cheyenne, WY

BRONZE

Parents: Andrew & Darla Ellis
Advisor: Misty Whetstone

- VPS: Volunteer activities for nonprofits in community
- PD: Yoga & rock climbing
- PF: Swimming
- E: Wind River Range, WY

ABBIE ERRAMOUSPE



Rock Springs, WY

SILVER

Parents: Danny & Angie Erramouspe

Advisor: Laura Schmid-Pizzato

- VPS: National High School Finals Rodeo
- PD: Knitting
- PF: Back Squat
- E: Kawaii, HI

DAWSON FANTIN



Rock Springs, WY

BRONZE

Parents: Paul & Debra Fantin

Advisor: Laura Schmid-Pizzato

- PD: Cooking for family
- PF: Lower golf score
- E: Pinedale & Lander, WY

ELIZABETH FEARNEYHOUGH



Cheyenne, WY

SILVER

Parents: Jason & Tina Fearneyhough

Advisor: Dianne Kirkbride

- VPS: Blankets for Laramie County Kids
- PD: Refurbished clothing & furniture
- PF: 100 meter dash

ETHAN FRAKES



Rawlins, WY

SILVER

Parents: Jared & Mandy Frakes

Advisor: Judy Stepp

- VPS: Volunteer activities
- PD: Piano
- PF: Swimming
- E: Anaheim, CA & Phoenix, AZ

KATELYN FRAKES



Rawlins, WY

SILVER

Parents: Jared & Mandy Frakes

Advisor: Judy Stepp

- VPS: Rawlins High School boys swim team
- PD: Singing and acting
- PF: Soccer
- E: Phoenix, AZ

KATELYN FRANCE



Rawlins, WY

SILVER

Parents: Copper & Tara France

Advisor: Judy Stepp

- VPS: Boys & Girls Club/Senior Center
- PD: Leadership skills
- PF: Dance
- E: Denver, CO

MADISON FRAUENDIENTS



Cheyenne, WY

SILVER

Parents: Paul & Heather Frauendienst

Advisor: Trista Ostrom

- VPS: Hospital
- PD: Driving
- PF: Volleyball skills
- E: Italy

HUDSON GARNER



Rock Springs, WY

SILVER

Parents: Jasson & Anjie Garner

Advisor: Laura Schmid-Pizzato

- VPS: Volunteer activities for community events
- PD: Ski
- PF: Upper body strength
- E: Little Sandy River, WY

ZOE GRIFFIN



Pinedale, WY

SILVER

Parents: Dahlia & JimBob Griffin
Advisor: Rose Robertson

- VPS: FFA community service projects
- PD: French Horn
- PF: Stunting techniques
- E: 2019 Sublette County Fair, WY

CRYSTAL HARDIN



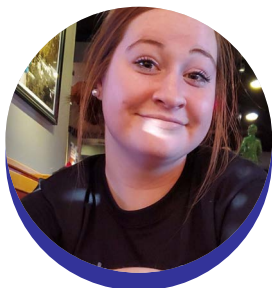
Cheyenne, WY

BRONZE

Parents: William & Patricia Hardin
Advisor: Misty Whetstone

- VPS: Mariachi 307
- PD: Reading
- PF: Core strength
- E: Orlando, FL

HAILEY HENSCHIED



Cheyenne, WY

BRONZE

Parents: Maurice & Lora Henscheid
Advisor: Misty Whetstone

- VPS: AFJROTC service projects
- PD: Drill skills
- PF: Upper body strength
- E: Boise, ID

EMMA HENY



Cheyenne, WY

BRONZE

Parents: Chris & Karla Heny
Advisor: Misty Whetstone

- VPS: CFD W-Heels
- PD: Cooking & reading
- PF: Cardio & lower body strength
- E: Powell and Cody, WY

AUTUMN HIME



Laramie, WY

SILVER

Parents: Kati Hime
Advisor: Micaela Meyers

- VPS: Teaching dance
- PD: Leadership
- PF: Dance

CLAYTON KEASLING



Cheyenne, WY

BRONZE

Parents: Jason & Amanda Wellborn
Advisor: Misty Whetstone

- VPS: Cheyenne Little Theatre
- PD: Vocabulary
- PF: Walking and sit-ups
- E: Flying X Ranch Wheatland, WY

MORGAN KIRKBRIDE



Cheyenne, WY

BRONZE

Parents: Glen & Rochel Kirkbride
Advisor: Jessica Hassler

- VPS: Elementary school
- PD: Cooking
- PF: Arm strength
- E: Steamboat, CO

KAYLA KOLPITCKE



Powell, WY

SILVER

Parents: Scott & Linda Kolpitcke
Advisor: Ashley Hildebrand

- VPS: National Honor Society activities
- PD: 'Victorian age' novels
- PF: 5K race
- E: Denver, CO

RACHEL KUNTZ



Powell, WY

SILVER

Parents: Mitsue & Chris Kuntz
Advisor: Joyce Ostrom

- VPS: Dano Youth Camp
- PD: Journalism
- PF: Swimming/Soccer
- E: Prescott, AZ

SOPHIA LANDRETH



Laramie, WY

BRONZE

Parents: Carmen & Micheal Landreth
Advisor: Meredith McLaughlin

- VPS: Fundraising
- PD: Reading
- PF: Front walk over beam
- E: Denver, CO

ZOEY LUNDIN



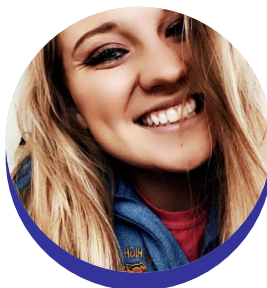
Cheyenne, WY

SILVER

Parents: Tonya Reis & Gina Mayhan
Advisor: Misty Whetstone

- VPS: Volunteer activities
- PD: Sewing skills
- PF: Cardio & flexibility
- E: Las Vegas, NV

MCKAILYN MALLES



Sheridan, WY

BRONZE

Parents: Kori Kosma & Matt Parker
Advisor: Nadine Gale

- VPS: Volunteer activities
- PD: Photography & music
- PF: Volleyball
- E: Tongue River Reservoir, WY

ALYXA MARTIN



Mountain View, WY

SILVER

Parents: Daren & Angie Martin
Advisor: Laura Schmid-Pizzato

- VPS: Libraries
- PD: Piano
- PF: Volleyball
- E: Wyoming Range Mountains

RAECHEL MILLER



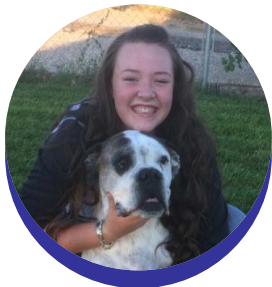
Cheyenne, WY

BRONZE AND SILVER

Parents: J. Robert & Lynne Miller
Advisor: Misty Whetstone

- VPS: Library
- PD: Meal preparation
- PF: Cardio
- E: Medicine Bow National Forest, WY

ALLISON MORRISON



Powell, WY

BRONZE

Parents: Tim & Heather Morrison
Advisor: Laura Schmidt-Pazzatto

- VPS: Mentor/volunteer
- PD: Livestock judging
- PF: Horsemanship
- E: Northern International Livestock Expo

FOX NELSON



Cheyenne, WY

BRONZE AND SILVER

Parents: David & Jennifer Turner
Advisor: Misty Whetstone

- VPS: Old West Museum
- PD: Texas Roadhouse
- PF: Cardio
- E: Steamboat, CO

KARLI NELSON



Rock Springs, WY

SILVER

Parents: Curtis & Lisa Nelson
Advisor: Laura Schmid-Pizzato

- VPS: Volunteer activities
- PD: Driving skills
- PF: Endurance & strength
- E: Half Moon Lake near Pinedale, WY

REESE NOBLE



Cora, WY

BRONZE

Parents: Zack & Deb Noble
Advisor: Rose Robertson

- VPS: Soccer coach, National Honor Society
- PD: Scuba & ranch hand
- PF: Hockey & soccer
- E: Casper, WY

HAILEE PAUL



Powell, WY

SILVER

Parents: Robyn & Trace Paul
Advisor: Kandi Bennett

- VPS: Student Council
- PD: Scholarships
- PF: Varsity tennis
- E: Billings, MT

MYLA RUIZ



Rock Springs, WY

SILVER

Parents: Cody & Taleea Ruiz
Advisor: Laura Schmid-Pizzato

- VPS: Horse camp for youth with disabilities
- PD: State diving
- PF: Weightlifting
- E: Mustang Ridge

CRANDALL SANDERS



Powell, WY

SILVER

Parents: Ray & Jeanie Sanders
Advisor: Joyce Ostrom

- VPS: Ski instruct people with disabilities
- PD: Public guitar playing
- PF: Golf skills
- E: Kenai, AK

KYLIE SCHELHAAS



Cheyenne, WY

BRONZE

Parents: Angela & Ryan Schelhaas
Advisor: Diane Kirkbride

- VPS: Volunteer activities
- PD: Precision shooting
- PF: Increase stamina
- E: Colorado Springs, CO

SPENCER SEARLE



Rawlins, WY

SILVER

Parents: Ryan & Alisha Searle
Advisor: Judy Stepp

- VPS: Library of Congress
- PD: Piano
- PF: Tennis
- E: Scotland and England

ARIAUNA SEVERIN



Cheyenne, WY

BRONZE AND SILVER

Parents: Sherwin & Kari Severin
Advisor: Misty Whetstone

- VPS: Cheerleading
- PD: Reading
- PF: Flexibility and cardio
- E: Spearfish, SD

KALEB SIMONSON



Lander, WY

BRONZE

Parents: James & Lezley Simonson
Advisor: Camille Whiting

- VPS: Big Brothers Big Sisters Program
- PD: Nordic skiing
- PF: Reduced running time
- E: Alberta, Canada

HENRY T. SMITH



Rawlins, WY

SILVER

Parents: Ben & Becky Smith
Advisor: Judy Stepp

- VPS: Helping senior citizens
- PD: Lifeguard Certification
- PF: State swimming
- E: Southern Wyoming Back Country

OLIVIA SMITH



Cheyenne, WY

SILVER

Parents: Mike & Tiffany Smith
Advisor: Diane Kirkbride

- VPS: Cheyenne Frontier Days
- PD: Driver's license
- PF: Swimming & physical therapy
- E: Maui, HI

BERKELEY SNYDER



Rawlins, WY

BRONZE AND SILVER

Parents: Brandon & Dawnessa Snyder
Advisor: Judy Stepp

- VPS: Manage school's sports teams
- PD: Archery
- PF: Dance skills
- E: Black Hills, SD

SILAS SOMMERS



Cheyenne, WY

SILVER

Parents: Aimee & Aaron Sommers
Advisor: Karmen Rossi

- VPS: Teaching youth swimming
- PD: Painting
- PF: Swimming
- E: Marquette, MI

SENEVA SULLIVAN



Cheyenne, WY

SILVER

Parents: John Sullivan & Christina Muggenburg
Advisor: Misty Whetstone

- VPS: Cheyenne Fiddle Orchestra
- PD: Music skills
- PF: Taekwondo
- E: Washington, DC

HARRIS TANNER



Rawlins, WY

BRONZE

Parents: Nathan & Randi Tanner
Advisor: Judy Stepp

- VPS: Serving elderly women in the community
- PD: Visual art
- PF: Workout plan & sports
- E: Scotland, UK

MYLEE TANNER



Rawlins, WY

SILVER

Parents: Nathan & Randi Tanner
Advisor: Judy Stepp

- VPS: Serving elderly in the community
- PD: Playing the organ
- PF: Improving 5K time
- E: Scotland, UK

AVA TAYLOR



Cheyenne, WY

BRONZE

Parents: Shawn & Erin Taylor
Advisor: Diane Kirkbride

- VPS: Cheyenne Frontier Days
- PD: Piano & violin
- PF: Cross country & soccer
- E: Olympic National Park, WA

BYSON TAYLOR



Cheyenne, WY

BRONZE

Parents: Shawn & Erin Taylor
Advisor: Diane Kirkbride

- VPS: Volunteer activities
- PD: Piano
- PF: Running
- E: Mt. Rainier National Park, WA

CRYSTAL TORRES



Rawlins, WY

BRONZE AND SILVER

Parents: Yazmin Alcantar & Edgar Torres
Advisor: Judy Stepp

- VPS: Volunteer activities
- PD: Cooking skills
- PF: Strength
- E: San Diego, CA & Las Vegas, NV

BROOKELYN WHITE



Cheyenne, WY

BRONZE

Parents: Allen & Deborah White
Advisor: Diane Kirkbride

- VPS: Old West Museum camp
- PD: Theater productions
- PF: Core strength
- E: Mount Rushmore, SD and Devils Tower, WY

DELANIE WHITE



Cheyenne, WY

BRONZE AND SILVER

Parents: Allen & Deborah White
Advisor: Diane Kirkbride

- VPS: Cheyenne frontier Days W-Heels
- PD: Saxophone
- PF: Physical therapy
- E: Southern California

KAMBRIE WHITE



Cheyenne, WY

SILVER

Parents: Allen & Deborah White
Advisor: Diane Kirkbride

- VPS: Cheyenne frontier Days W-Heels
- PD: Singing skills
- PF: Physical therapy exercises
- E: Cody, WY

REBECCA WHITING



Lander, WY

BRONZE

Parents: Camille & James Whiting
Advisor: Trista Ostrom

- VPS: Big Brothers Big Sisters Program
- PD: Violin skills
- PF: Running
- E: Alberta, Canada

MEGAN ZOTTI



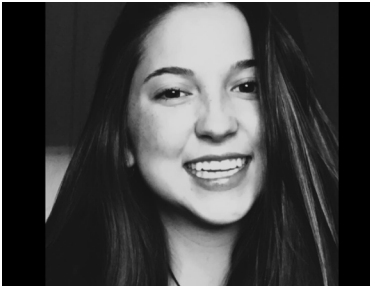
Rock Springs, WY

SILVER

Parents: Joanne Zotti & Rob Zotti
Advisor: Laura Schmid-Pizzato

- VPS: National High School Rodeo
- PD: Driving
- PF: Volleyball
- E: Pinedale, White Pine

2020 GOLD MEDALISTS





SARA AMICK



Cheyenne, WY

GOLD CONGRESSIONAL AWARD

Parent: Melissa Amick

Advisor: Trista Ostrom

I worked with CASA, FBLA, East High School athletics and Taekwondo. By working with CASA and managing the football team, I was able to gather the majority of my hours. With CASA, I hand made blankets for children and helped with events. I helped film football games and practices for the team. My personal development goal was to become a better leader and person, which I completed through FBLA and leadership workshops. My hardest goal was earning my Black Belt in Taekwondo, which I accomplished through competitions and practicing multiple times a week. For the expedition goal, my family and I went camping, fishing and hiking at Yellowstone National Park for a week.

FAITH HONEY ANDERSON



Devils Tower, WY

GOLD CONGRESSIONAL AWARD

Parents: Zeta and Gary Anderson

Advisor: Trista Ostrom

Earning my Gold Congressional Award has been one of the most fulfilling accomplishments of my life. During my voluntary public service hours, I connected with senior citizens in my community by bridging the gap between generations and answering technology-related questions. Through personal development, I enhanced my musical abilities and became a better, more idealistic version of myself. Through physical fitness, I became healthier, fitter and more resilient. Through my expedition/exploration, I learned how to adapt to the situations, think on my feet and how sore my feet were after 10 miles of walking! Ultimately, the Congressional Award has changed my mindset and my future for the better. I am grateful for the opportunities it has given me.

ABIGAIL BRADY



Cheyenne, WY

GOLD CONGRESSIONAL AWARD

Parents: Christopher & Katharine Brady

Advisor: Misty Whetstone

In earning my award, I was able to understand better how to improve myself and my community by participating in public service activities. I was able to build my skills while also volunteering to help others. My public service activities consisted of running basketball camps and practices for elementary students and volunteering at a local elementary school. Under personal development, I developed my driving and reading skills. My exploration helped me to have a new experience and broadened my perspective on the world. It helped me escape my comfort zone and explore new situations. My overall experience with the Congressional Award helped me become more well-rounded and more open to new things.

KAIDEN BROWN



Cheyenne, WY

GOLD CONGRESSIONAL AWARD

Parents: Chris and Ashli Brown

Advisor: Misty Whetstone

Different clubs and organizations such as SkillsUSA, DECA and East High School have helped me find countless opportunities to help volunteer in the community. Working at the Botanic Gardens and becoming a part of a tightly knit community was a highlight of my volunteering. My personal development goals slowly evolved from earning my driver's license, maintaining part-time jobs and learning how to speak publicly. For physical fitness, I ended up working out more in the weight room and gyms. Under expedition, planning a trip to Cody and Powell helped me learn more about my family history. The Congressional Award has shaped me into a different person. Volunteering in the community has caused me to help countless people who deserve it.

KADRA CLARK



Yoder, WY

GOLD CONGRESSIONAL AWARD

Parents: Jake and Kerin Clark

Advisor: Amanda Fogle

In earning my Congressional Award, I have grown so much as a young person. I am involved in 4-H, FFA, Student Council, High School Rodeo, Basketball, National Honor Society and the Fellowship of Christian Athletes. Through my voluntary public service goals, I shared my knowledge and skills with younger girls. I love giving back and helping others. My personal development goals helped me maintain my hobbies! I grew so much in the categories that I chose! In physical fitness, I was able to stay in shape, as well as compete better. I accomplished my basketball goals and got faster in goat tying. I had so much fun planning my trip to Seattle, Washington. I learned so much while I was on the trip, and it was an experience I will never forget!

KAYLENE COOPER



Rawlins, WY

GOLD CONGRESSIONAL AWARD

Parents: Paul and Vickie Cooper

Advisor: Judy Stepp

I have volunteered as a Wyoming 4H Representative, Special Education Cheer Coach, and a Community Events Coordinator. I am a sophomore at Montana State University, working to become a counselor for kids affected by trauma within the criminal justice system. I plan to get my Masters in Applied Psychology by 2025. Under physical fitness, I worked toward running and gaining my strength in cheerleading. For my expedition, I went to Seadrift, Texas after Hurricane Harvey. I have been committed to earning my gold medal ever since my advisor, Judy Stepp, started the group in Rawlins in 2018.

RAEGEN DELANCEY



Cheyenne, WY

GOLD CONGRESSIONAL AWARD

Parents: Dave and Cindy DeLancey

Advisor: Trista Ostrom

I will be an incoming senior at Central High School. Outside of Congressional Awards, I rodeo and am the president of the High Plains FFA Chapter. In the future, I plan on becoming an equine veterinarian specializing in rehabilitation and reproduction. For my voluntary public service I served my community by volunteering at CFD and through many FFA opportunities. For personal development, I practiced my rodeo events almost everyday throughout the year. For physical fitness, I worked out and rode my horses. I went to Hawaii, Arizona, and planned multiple rodeo trips throughout the year.

IRELAND EARL



Laramie, WY

GOLD CONGRESSIONAL AWARD

Parents: Tim and Heather Earl

Advisor: Meredith McLaughlin

For my volunteer service, I helped with Family Promise of Albany County, Foster Closet, attended Shepard's Symposium, and am the wrestling manager for my high school. For my personal development, I participated in 4-H and county and state fairs. For my physical fitness, I played volleyball and was on the girl's golf team. Last summer, I had the great opportunity to travel to Germany, Iceland and Ireland for my expedition goal. Being apart of the Congressional Award program has created lifelong friendships, memories and a strengthened appreciation for helping my community and working hard. I also want to thank Trista, Mikayla, Kai, and Leila for always pushing me to be my best and sticking with me, but, most importantly, my mom for being my biggest supporter.

KAI EDWARDS



Laramie, WY

GOLD CONGRESSIONAL AWARD

Parents: Melodie Edwards and Ken Koschnitzk

Advisor: Meredith McLaughlin

For volunteer service, I served as an officer in the March For Our Lives chapter and took part in other community service clubs. I wanted to push for a safer community through volunteerism as well as youth activism. My personal development goal was to improve my painting and art skills, and get my license. In terms of my physical fitness goal, I wanted to improve upon my soccer skills by working out, going on runs and getting in shape, etc. For my expedition, I had the opportunity to travel to Paris, France, where we navigated the metro, climbed the stairs of the Eiffel Tower, and submerged ourselves completely into a whole new culture. Through the Congressional Awards, my life has been changed for the better. I would like to specifically thank Trista Ostrom for what she has done for me. Without her I would not be where I am today.

ERICA FARRIS



Cheyenne, WY

GOLD CONGRESSIONAL AWARD

Parents: Jamie and Ryan Farris

Advisor: Misty Whetstone

Volunteer public service taught me so much about providing for my community. I got involved in anything I could to help make a positive impact through volunteering. Personal development was done through art and music for me. Always making time for art keeps me curious and growing as a person. Physical fitness helped me physically and mentally. Skills formed during sports and working out have beneficially impacted me.

AUSTYN FOWLER



Cheyenne, WY

Gold Congressional Award

Parents: Willie and Brittany Fowler, Dwayne and Christina Schroeder

Advisor: Trista Ostrom

In earning my award, I learned patience, dedication and a love of volunteering. This program has taught me the importance of helping and the impact that one can have on your community. I volunteered with the FFA and other organizations around Cheyenne. Within my personal development, I worked two part-time jobs as an office assistant at East High School and childcare provider at St Mary's – learning many facets of communication from both. Reaching my goals in the physical fitness portion took lots of dedication and hard work. I learned how to eat right and stick with a dedicated schedule for workouts. Within the expedition, I camped and hiked in the Medicine Bow Peak area for nearly a week. I came out of this experience as a better person.

NICHOLAS GALE



Sheridan, WY

GOLD CONGRESSIONAL AWARD

Parents: Matt & Nadine Gale

Advisor: Skye Heeren

In earning my award, I completed voluntary public service activities by playing music with my bands at numerous events for the community. I also volunteered with my high school football team and for the Big Horn Mountain Trail Run. For my personal development goals, I took dual enrollment courses through Sheridan College, where I learned to play the bass guitar. I completed my physical fitness requirements by playing football. Our team won the State Championship game this year against Thunder Basin. For my expedition, my brother and I planned a trip to New Mexico around Thanksgiving. We spent a week there becoming incredibly immersed in the culture, and I have to say that the best part of the trip was fly fishing on the Rio Grande!

ZACHARY GALE



Sheridan, WY

GOLD CONGRESSIONAL AWARD

Parents: Matt & Nadine Gale

Advisor: Skye Heeren

In earning my award, I volunteered in both Bozeman, MT and Sheridan, WY. In Bozeman, I had the opportunity to tutor young elementary and middle school students, and in Sheridan, I played music with my brother at community events. For my personal development, I learned to play the guitar. My younger brother Nick taught me the basics, and I've now gone on to become a self-taught musician. I completed my physical fitness requirements by walking, biking and hiking. I often biked to class, and hiking has helped me find a passion for photography. For my expedition, my brother and I visited Santa Fe, NM over Thanksgiving break. We experienced the rich culture by visiting museums, and we even got to go fishing on the Rio Grande.

JANELLE GRANT



Cheyenne, WY

GOLD CONGRESSIONAL AWARD

Parents: Margaret Grant

Advisor: Misty Whetstone

For volunteering, I volunteered at the farmers market and donated to the animal shelter and at FFA events. For my physical fitness, I walked two hours, five days a week to improve my overall fitness. For personal development, I learned communication, customer service and independence skills. My exploration was to Billings, Montana.

WESTON HEEREN



Sheridan, WY

GOLD CONGRESSIONAL AWARD

Parents: Skye Heeren; Grandparents - Lynn & Karen Heeren

Advisor: Nadine Gale

Completing the Congressional Award program has been a life-changing experience that helped me grow as an individual and learn about my community. For my expedition, I summited Grand Teton outside Jackson, following in the footsteps of my grandfather Lynn Heeren who summited in 1969 and helped me plan my trip. I volunteered with Hub on Smith/Keystone Awards, Volunteers of America/Filling An Empty Bowl, WYO Rodeo Gold Buckle Club, Wyo Rehab Hoop Jam, Boy Scouts Annual Pancake Breakfast, Bradford Brinton Museum, Sheridan Police Department Bike for Kids Day, AARP Veterans Golf Tournament. For personal development, I developed my art portfolio. For fitness, I did football, track, weight lifting, skiing, running, biking and climbing.

ELIOT HEMENWAY



Cheyenne, WY

GOLD CONGRESSIONAL AWARD

Parents: Jeremy & Kim Hemenway

Advisor: Misty Whetstone

I earned most of my volunteer hours working with many organizations around Cheyenne. Some of the most rewarding experiences were serving meals at the COMEA homeless shelter, planting flowers in downtown Cheyenne and accepting donations for the Day of Giving. I read at least 100 books to fulfill my personal development hours and really enjoyed books by Stephen King. My physical fitness goals helped me stay in shape for hockey season. Finally, my expedition, which was my favorite, was rafting the Snake River in Wyoming.

LEILA JOHNSON



Laramie, WY

GOLD CONGRESSIONAL AWARD

Parent: Tricia Johnson

Advisor: Trista Ostrom

For my volunteer hours, I served my community through Key Club and Z Club. I planned a 5k race for Heart Mothers, sewed for Days for Girls and participated in food drives. For my personal development, I learned how to cook. I planned and cooked meals for my family and friends, and my abilities improved greatly. For my physical fitness, I worked hard every day to improve my skills to attend the University's summer dance camp. I traveled with other Laramie Congressional Award Medalists to Paris. We had a great time working together to create our trip and traveling together created our lifelong friendships. The Congressional Award has created wonderful opportunities and experiences for me.

TANNER M. JOHNSON



Cheyenne, WY

GOLD CONGRESSIONAL AWARD

Parents: David & Kimberly Johnson

Advisor: Trista Ostrom

In earning this award, I learned the significance of volunteering and the positive impact of giving back to others. It also taught me time management, goal setting and what it takes to achieve my goals. I volunteered for the Veterans Health Administration and Disabled American Veterans, as well as with CASA of Laramie County and Blue Federal Credit Union. My personal development goal was to obtain additional knowledge about physical therapy by working in a physical therapy clinic and participating in FBLA to learn the business side of things. My physical fitness goal was to reach a time of 52.00 seconds in the 100-yard freestyle. For my exploration, I went to Italy, touring historical landmarks and learning about European culture.

JORDAN KELLEY



Rawlins, WY

GOLD CONGRESSIONAL AWARD

Parents: Shawn and Christi Kelley

Advisor: Judy Stepp

For voluntary public services, I helped with our local toy drive, helped the elderly, cleaned up highways and our town, house and pet sat, helped with summer soccer camps and helped with a recovery community organization. For personal development, I learned about finance management, learned to ride and work on a motorcycle, took Certified Nursing Assistant classes and obtained my license to work as a CNA. For physical fitness, I worked hard to develop my diving and soccer skills and made it to the state championships. For expedition, I planned a trip to Minnesota to learn about their winter sports. I tried ice fishing, curling, snowboarding, tried new foods and learned the history of Duluth, MN.

KAYLA KIRKBRIDE



Meridan, WY

GOLD CONGRESSIONAL AWARD

Parents: Glen & Rochel Kirkbride

Advisor: Monica Vanlandingham

In completing my Congressional Award, I worked closely with Cheyenne Frontier Days, W-Heels, Wyoming-Montana Safety Council, Cheyenne Central FBLA and Senate and Jr. Leadership of Laramie County. I volunteered across the state, from painting and stacking firewood in Yellowstone National Park to upkeeping the grounds and providing a welcoming atmosphere at Cheyenne Frontier Days. For my first personal development goal, I worked on driving to achieve my full license. I also explored the University of Wyoming through short summer classes and activities. In regards to physical fitness, I lifted weights to improve my vertical. Finally, for my expedition, I tried cross-country skiing and snowshoeing in the Medicine Bow Mountains.

PAIGE LACKEY



Cheyenne, WY

GOLD CONGRESSIONAL AWARD

Parents: Tina Worthman and Curtis Lackey

Advisor: Misty Whetstone

One of my proudest achievements in my life so far is accomplishing the requirements for the Congressional Award Gold Medal as a junior in high school. I achieved my fitness goal by incorporating my love for dance. For my personal development goals, I passed my driving test, learned to make dinner and bake for my family and passed the Water Safety Instructor Training. For my volunteer work, I regularly babysat for single moms on a monthly night out. I was also able to travel to southern California to visit several botanic gardens and understand the importance plants have in people's lives. All of these experiences have helped me understand the world in a more dynamic way that will help me in my future plans and adventures.

RILEY LITTLE



Saratoga, WY

GOLD CONGRESSIONAL AWARD

Parent: Dana Little

Advisor: Sammy Baysinger

I am planning to attend the University of Wyoming in the fall to pursue a degree in pharmacy. My time in the Congressional Award was spent: mentoring children at school; looming hats and donating them to cancer patients; helping elderly put on events; and executing a coat drive completely by myself. An active member in FFA, I raised market hogs, learning more about the livestock market. I was also a member of the basketball team and goat ties and breakaway ropes in high school rodeos. My favorite memory from the Congressional Award is hard to determine as it was a highlight of my high school experience, but it comes down to the retreats I attended or my expedition to the Black Hills with my mom and sister.

HADLEY LLOYD



Casper, WY

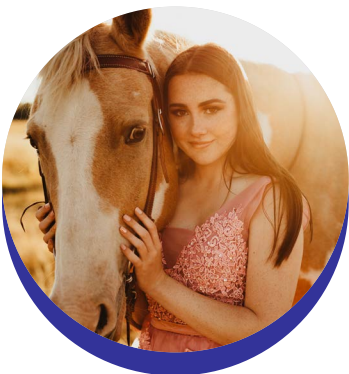
GOLD CONGRESSIONAL AWARD

Parents: Heather & Jason Lloyd

Advisor: Chase Olsen

For voluntary public service, my high school's numerous service clubs connected me with WyomingCARES, Make-A-Wish Wyoming, United Blood Services and other charitable organizations. I fulfilled my physical fitness requirements through volleyball and basketball. My personal development goal requirement concentrated on improving the skills and mechanics needed to compete in volleyball and basketball. In the summer of 2017, I was fortunate to visit Washington D.C. for my exploration requirement. I am so grateful to have had the opportunity to participate in this program, which provided endless encouragement to get involved in my community. I am all the better for it. Thank you to all those who helped me along the way.

AMELIA LOHRENZ



Cheyenne, WY

GOLD CONGRESSIONAL AWARD

Parents: Scott and Natalie Lohrenz

Advisor: Misty Whetstone

Earning my gold medal has been one of my biggest goals throughout high school. I spent over 650 hours volunteering with the Cheyenne Frontier Days Dandies, serving at public events and traveling to promote our rodeo. In doing so, I am now the leader of the team. For personal development, I learned how to drive safely, train my dog, expand my vocal range to three octaves and discover paths in the medical field. For fitness goals, I learned how to jump serve in volleyball, ran in a 10k and increased my weightlifting abilities. I also had the privilege to travel to Vancouver, BC and Los Angeles, CA to experience cultural differences. In earning the Congressional Award gold medal, I have become more open-minded to opportunities and I feel prepared to go out on my own next year.

GABRIELLE LUNDBERG



Powell, WY

GOLD CONGRESSIONAL AWARD

Parents: Amie & Stan Lundberg

Advisor: Ashley Hildebrand

I volunteered through the VISTA Americorp Program as a supervisor for the Summer Lunch Program for children in the community. I also volunteered with the National Honors Society with various projects such as Make-A-Wish and the local food bank drive. For personal development, I became a certified lifeguard at my local aquatic center and strengthen my faith by working with Young Life and attended a weeklong summer camp. As a high school cheerleader and track athlete, I became more flexible, was able to reach my jumping goals and take third at state. I traveled to Banff, Alberta, Canada for my exploration trip. By participating in the Congressional Award, I have gained experience of working with my local community and new people.

KEENAN MANLOVE



Cheyenne, WY

GOLD CONGRESSIONAL AWARD

Parents: Cole and LeighAnne Manlove

Advisor: Misty Whetstone

I was affiliated with FFA, FBLA, FCCLA, FCA, Student Council, Wyoming Boys' State, football, basketball and track. For my voluntary public service, I was very active within the Burns community, especially at the elementary school. Much of my personal development was rooted through music and striving to become a better saxophone player. During my junior year of football, I horrifically broke my leg. Much of my physical fitness goals and tenures have stemmed from rehabilitation and working out my leg. My expedition came from camping and a trip to San Antonio, Texas. I really cherish memories that I would not have experienced if not prompted by the Congressional Award. I'm very grateful for the experience and owe so much to my great advisor Misty.

SAGA MCALLISTER



Cheyenne, WY

GOLD CONGRESSIONAL AWARD

Parents: Christina Holmgren-Larson and Sven Larson

Advisor: Misty Whetstone

I am affiliated with speech and debate, the International Baccalaureate Program, National Honor Society, theatre, choir and jazz band. For my public service, I volunteered with Friday Food Bags, Safe Trick or Treat, Sleep in Heavenly Peace, Downtown Development of Cheyenne, speech and East Cares. For personal development, I participated in speech and debate and theatre as a competitor, team member and senior leader. For physical fitness, I was involved in American Kenpo Karate. For my exploration, I took a cross country road trip with my family to explore sites in New York, New Jersey, Illinois, Iowa and Pennsylvania. My Congressional Award experience has been positive and helped to shape me into well-rounded individual who gives back to my community.

TAYLOR MERRIMAN-FISH



Cheyenne, WY

GOLD CONGRESSIONAL AWARD

Parents: Valerie Merriman- Fish & Aaron Merriman- Fish

Advisor: Misty Whetstone

I volunteered with the Children's Village, the Greater Cheyenne Chamber of Commerce, Rooted in Cheyenne, call me a shelter, University of Wyoming Citizen Scientist projects and Scouts BSA. I have learned how to write out and set goals and always find time to give to others. I've also grown as a person and have stepped out of my comfort zone. The Wyoming Congressional Award award program has helped me develop skills through volunteerism and succeed in scouting as I will soon be earning my Eagle Rank, as well as with life in general. Thank you, Misty, for introducing me to this program and helping me succeed.

KEIKILANI MILLER



Cheyenne, WY

GOLD CONGRESSIONAL AWARD

Parents: Burke Miller & Mary Miller

Advisor: Misty Whetstone

I have grown immensely due to the Congressional Award activities that I have participated in over the past four years. I have volunteered at schools around Cheyenne, helped organize community service projects such as building beds for children who don't have them, and volunteered with local food banks. The Congressional Award has allowed me to become more well-rounded and increased my perseverance and desire to help my community.

FINLEY O'CONNOR



Laramie, WY

GOLD CONGRESSIONAL AWARD

Parents: Frederick & Tina O'Connor

Advisor: Laura Schmid-Pizzato

In earning my award, I have learned how to be a leader and get involved in activities that help my community. For my voluntary public service, I volunteered in the annual Congressional summer retreats and the golf tournaments in Jackson. I also worked backstage and provided tech support with the theater program at my high school. For my personal development, I learned how to drive a stick shift. For my physical fitness, I focused on gymnastics for my first year working for this award, tennis for my second year, and weightlifting and CrossFit for the third year. For my exploration, I traveled to California with my family to see how the culture varies from Laramie. Overall, this experience has taught me how even helping a little can go a long way in your community.

DALTON PETERSON



Encampment, WY

GOLD CONGRESSIONAL AWARD

Parents: Janice Peterson & Chad Fillweber

Advisors: Guy Erickson and Jake Johnston

In earning my award, I have seen my dedication to this program over the past four years come to a climax. Through personal development, I saw a change in my life with a new sense of urgency to better myself. I learned various skills to help make my hobbies more enjoyable and more complex. Through physical fitness, I saw my hard work pay off on the basketball court, the football field, and in the weight room. Developing myself physically also worked hand in hand with developing my mental toughness as well. My volunteer work more than paid itself off through the smiles of grateful community members and the beautification of our little town. My expedition challenged me along the way, but those obstacles made the journey worthwhile.

RYAN PFEFFER



Rawlins, WY

GOLD CONGRESSIONAL AWARD

Parents: John & Denise Pfeffer

Advisor: Judy Stepp

Throughout my Congressional Award journey, I was a member of Future Business Leaders of America, Student Council, and the Rawlins High School Varsity Letter Club. Through these clubs, I completed various community service activities from cleaning up streets in town to providing holiday meals for families in need. For my personal development, I focused primarily on academic improvement, taking online courses to improve my resume. Physical fitness was accomplished through varsity tennis and basketball, as well as a rigorous weightlifting routine. Finally, I utilized my expedition to revisit the culture of Oklahoma while also learning more about my family history. Pursuing this award was an amazing experience that I will forever appreciate.

BROOKLYN PRINCE



Cheyenne, WY

GOLD CONGRESSIONAL AWARD

Parents: Jeff & Sheri Prince

Advisor: Misty Whetstone

While participating in the Congressional Award program, I learned lifelong skills, which included perseverance, time management, organization, and important social skills. For public service, I volunteered in an elementary classroom and in many school-related programs, including athletic camps for kids, g-team and cheerleading. For personal development, I spent time creating calligraphy artwork and taking piano lessons each week. For physical fitness, I practiced and competed in countless hours of diving, cheerleading and track. My exploration was in Hawaii, where I learned about the Hawaiian culture and to surf. Congressional Award has allowed me to grow as a person and taught me how important it is to find time for yourself and to help others as well.

RAELYNN RAMSEY



Powell, WY

GOLD CONGRESSIONAL AWARD

Parents: Rick & Stephanie Ramsey

Advisors: Trista Ostrom & Joyce Ostrom

In earning my award, I have learned more about me. It has taught me to work hard for what I want, set goals and achieve them. I have been part of 4H, DANO youth camp and Skills USA. One of the most rewarding services I did this past year was to take senior photos for students at my high school. When I was in third grade, I started my own pet sitting business, teaching me a lot about responsibility and taking care of other's pets. I attend a local gym at least three times a week. This summer, I had the amazing opportunity to travel to Ireland for my expedition. During this trip, I learned a lot about time management, communication and cooperation. I will never forget what the Wyoming Congressional Award has helped me achieve.

HEYDEN ROBERTS



Rawlins, WY

GOLD CONGRESSIONAL AWARD

Parents: Bryan and Shauna Roberts

Advisor: Judy Stepp

In earning my award, I worked with the Rawlins Downtown District Association, Jubilante Ensembles of Carbon County, the Rawlins High School swimming, diving and track team. I helped with decorating the town for the winter months and setting up for Summer Fest. I also helped set up and tear down for concerts and special guests visiting Rawlins. For my personal development, I spent a lot of time practicing my Tenor Saxophone and learning to drive. I love playing my Saxophone and look forward to playing in college, where ever that may be. For my physical fitness, I swam for the swim team and ran for the track team. I enjoyed these because they require a lot of hard work and dedication. For my expedition and exploration, I went backpacking with my family. I chose to do this because I enjoy challenging myself and my physical and mental strength.

RYAN "GRIFFIN" SEARLE



Rawlins, WY

GOLD CONGRESSIONAL AWARD

Parents: Ryan and Alisha Searle

Advisor: Judy Stepp

For volunteer public service, I volunteered most of my time at the local Boys and Girls Club. I worked and learned alongside the youth of my community. It was a very good experience for me because I learned to be more caring. For personal development, I mowed lawns on time every week. This goal taught me to be more responsible and better at time management. For physical fitness, I competed in cross-country and basketball through school. My goal was to improve and increase my mile time. During these seasons, I learned to be more diligent. For the expedition, I planned to go to Scotland and England. It definitely made me realize that planning a trip is a lot harder than it looks. But it taught me that I can do hard things.

RACHELLE TRUJILLO



Casper, WY

GOLD CONGRESSIONAL AWARD

Parents: Rick & Emily Trujillo

Advisor: Chase Olsen

I am a Kelly Walsh High School graduate. Throughout high school, I participated in countless activities such as choir, theatre, speech and debate, Model UN and National Honors Society. In the fall, I plan to attend Casper College, where I will study international relations and communications. She is very grateful to have received her Congressional Award, for all the support I have received and the life lessons it has taught me.

NATHAN ZASTOUPIL



Cheyenne, WY

GOLD CONGRESSIONAL AWARD

Parents: Stacy and Krista Zastoupil

Advisor: Misty Whetstone

During my senior year, I helped establish the Sleep in Heavenly Peace Chapter in Cheyenne, raising thousands of dollars to provide 74 beds for youth in the community. My personal development goal was to improve my skills as a photographer including the social aspects of communicating with clients and developing portraits. I established a workout routine for my physical fitness and participated in tennis, cross country, indoor track, soccer, and weights. My exploration was to Glendo State Park, where I discovered that beauty can be close to home. By participating in the Congressional Award, I have learned the power of volunteering and civic engagement. It has also demonstrated the importance of service and revealed my potential to understand my community. The Congressional Award has also showed me the necessary steps to reach my goals.



92



Number of Bronze, Silver, and Gold Medalists across Wyoming in 2020

\$88,000



Academic scholarship dollars awarded

38



of Gold Medalists (The Washington, D.C. trip was cancelled due to COVID-19.)

19+



Communities in Wyoming with active youth participants

48,400+



Hours logged in public service, personal development, and physical fitness in 2020

1



Person it takes to make a difference in the future of Wyoming (Luckily, we've got a whole army of visionaries working on it.)



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