

# Jeanette Gara Larondelle, M.N.R, E-RYT

## Education

**North Idaho College**, Lewiston, ID

*Associates in Physical Therapist Assistant*, May 2021

**Shanti Yoga School**, McCall, ID

200 Hour Yoga Teacher Training, March 2014, 90 Hour Prenatal Yoga Teacher, Spring 2016

**Lewis-Clark State College**, Lewiston, ID

Additional undergraduate level coursework in health sciences, Fall 2007-Spring 2019

**University of Idaho**, McCall and Moscow, ID

*Masters in Natural Resources (M.N.R.)*, December 2006

McCall Outdoor Science School Graduate Residency in Environmental Education, Fall 2003

**Texas State University**, San Marcos, TX

Graduate coursework in Geography, Fall 2002-Fall 2003

**Pennsylvania State University, The Schreyer Honors College**, University Park, PA

*B.S. Psychology, emphasis in Biological Sciences, Honors in Geography, Minor in Information Systems and Statistical Analysis*, Summer 2001

**International Partnership for Service Learning, Universidad Autonoma de Guadalajara**,

Guadalajara, Jalisco, Mexico

Service-learning and intensive Spanish language, Fall 2000

**Semester at Sea– Institute for Shipboard Education, University of Pittsburgh**, Pittsburgh, PA

Undergraduate coursework/study abroad voyage to Cuba, Brazil, South Africa, Kenya, India, Malaysia, Vietnam, Hong Kong, China, and Japan, Spring 2001

## Experience

July 2021-

Lewiston, ID

*Advanced Home Health and Hospice*

**Physical Therapist Assistant, PRN**

Under the supervision of a physical therapist, implement patient care plans in their home environment. Conduct regular vital sign assessments, assess safety, and progress treatment plans as appropriate toward physical therapy goals.

October 2015-

Lewiston, ID, Retreats events in PNW and Mexico

*JGB Yoga, LLC*

**Owner and founder**

Bringing joy, gratitude, and balance into everyday life experiences and learning opportunities. JGB Yoga offers welcoming, inclusive hatha yoga classes ranging from vinyasa/flow, gentle, SUP, children's and pre-natal yoga on site at several locations throughout the community and at the Asotin County Aquatic Center. Manage website, advertising, community relations, small business accounting and coordinate schedules for myself and 4 yoga instructors. Expanding to regional/national/international week/weekend retreat experiences and online teaching.

August 2015-

Lewiston, ID

*Children's House Montessori School*

**Yoga instructor and instructional aide**

Plan and instruct weekly yoga sessions with children ages 3-12, incorporating relevant geographical themes that align with monthly curriculum and lessons including gratitude, service, and kindness. Substitute for lead teachers and aides in Montessori classrooms and during summer camp programs. In 2015-2017, planned and facilitated garden planting, growing, and cooking lessons with children throughout the year.

August 2011-

Lewiston, ID

*Lewis-Clark State College*

**Adjunct Instructor- Division of Natural Sciences and Mathematics/Physical, Life, Movement and Sport Sciences**

Provide online and on campus instruction and facilitation for a general education course – NS150-Introduction to Natural Sciences, an introduction to science as a way of knowing. Received a course re-development grant in Spring 2012 and updated online and on campus content with up to date curriculum and technology. Completed sustainability science service-learning projects on campus with students including starting the LC learning garden. Team teach Geology 120- Intro to Earth Sciences and implementing visualization technologies with support from EPSCOR grant. Lead, with a student mentor, one credit Student Development First Year experience course for incoming freshman. Design and instruct 1 credit courses on Hatha Yoga, Meditation Yoga and Yoga Retreat Weekend for college students and faculty/staff.

August 2014-2020

Lewiston, ID

*Lewis-Clark State College*

**Founder and Garden Guru, LC Learning Garden**

Established a campus garden and outdoor classroom through service-learning and volunteer projects. Fostered partnerships with Backyard Harvest, Americorps, North Idaho Correctional Institution, Sodexo, LCSC Teaching-Learning Center, LC Work Scholars and community members to develop a vibrant learning environment. Supervised two LC Work Scholars working 10 hours a week for LC Learning Garden.

May 2018- August 2018

Lapwai, ID

*University of Idaho Extension*

**Lapwai Community Garden and Wellness Consultant**

Assist extension agent with garden planning, planting, mapping and organizing health and wellness events.

November 2017- June 2018

Lewiston, ID

*Idaho Environmental Education Association*

**Conference Coordinator**

Collaborate with regional and state partners for the 18<sup>th</sup> Annual Idaho Environmental Education Conference. Establish conference website, registration, exhibitors, presenters, sponsors and participants and create an engaging professional development experience for 120 participants from throughout the country.

March 2008- October 2015

Lewiston, ID

*Lewis-Clark State College Kinesiology /Lewiston Parks and Recreation/Clearwater Paper/LCSC Kids College*

**Yoga Instructor/Yoga Retreat Facilitator**

Instruct credit and non-credit classes for adults and children in a safe, inclusive, transformative vinyasa style. Coordinate free yoga health and awareness week classes in June for the LC Valley and promote local yoga opportunities. Teach kids college classes in origami, gardening, and yoga.

June 2015- January 2016

Lewiston, ID

*Backyard Harvest*

**Grow for the Greater Good Garden assistant**

Support the LC Learning Garden and Children's House Montessori school garden to grow and harvest food for local food banks.

January 2012-December 2013

Lewiston, ID

*Community Action Partnership/Lewis-Clark State College*

**Educational Consultant**

As a part of the Albertson's Student Success Program at LCSC, coordinate overall efforts toward systems change at LCSC to increase retention/completion of under-resourced college students. Plan for and assist with all related faculty/staff trainings including Poverty Simulations, Bridges seminars, TEDx events and teaching workshops,

prepare reports and executive summaries. Serve as a faculty liaison for use of Bridges constructs in curriculum development and be the on-campus liaison for Washington State University evaluation team.

July 2007- January 2012

Lewiston, ID

*Lewis-Clark State College*

**TRiO Academic Services Retention Specialist**

Responsible for assisting in the administration and direct delivery of services and advising to first generation, low-income college students in the Student Support Services program including teaching college level study courses, leadership courses and supplemental science courses.

June 2010- October 2011

Lewiston, ID

*Lewis-Clark State College*

**Principal Investigator/Grant Writer**

Leading research and writing for a new federal grant anticipated at LCSC Fall 2011 – TRIO Educational Opportunity Center. If received, this grant will bring in \$230,000/year for 5 years and create four new staff positions. This program will serve first-generation, low-income adults, assisting them in pursuing higher education opportunities.

November 2008- May 2009, Jan 2011-May 2011

Lewiston, ID

*Lewis-Clark State College*

**Residence Hall Tutor**

Tutored residence hall students, mostly nursing majors, in chemistry, anatomy, physiology, and math.

October 2005- June 2007

Moscow, ID

*The University of Idaho*

**Career and Professional Planning**

**Service Learning Coordinator**

I collaborated with faculty to develop and implement service learning courses and activities and supported various internship and cooperative education opportunities for University of Idaho students. I organized yearly service celebrations, produced annual reports, awarded faculty fellows grants, lead faculty fellows workshops, and was integral in establishing and developing a service-learning internship with the Coeur D'Alene Tribe and Lakeside High School in Plummer, Idaho.

May 2006 – June 2007

Pullman, WA

*Washington State University*

**Challenge Course Facilitator**

Challenge is a branch of experiential education utilizing specialized activities to accelerate learning, allowing participants to explore and practice new skills and styles. I completed the 40 hour facilitator training and worked with several groups on the low and high ropes course as well as indoor challenges.

January–October 2005

Lewiston, ID

*Phillips Agency, Inc.*

**Psychosocial Rehabilitation Worker**

I worked with clients diagnosed with schizophrenia and major depression in one-on-one and group settings to assist them in learning about symptom management, communication skills, and how to complete activities of daily living.

August-November 2003, May-November 2004

McCall, ID

*McCall Outdoor Science School, University of Idaho*

**Field Science Instructor/Graduate Student,**

**Program Coordinator/Assistant Manager**

For 10 weeks I taught small groups of 4-8th graders visiting McCall with their schools for an intensive one-week outdoor science program covering topics such as fire ecology, water quality, rangeland and soil science, and naturalist skills, along with teambuilding skills and initiative games. Along with the teaching practicum, all field instructors participated in graduate level courses on experiential education and science.

The next year, I was hired as a program coordinator, assisting the director with all aspects of operating the outdoor science school, and collaborating with new graduate students to run evening programs. During the summer months, I managed all aspects of the McCall Field Campus – assisting in the office with reservations, guest services, maintenance, and food preparation.

November 2003-May 2004

McCall, ID

*Ponderosa State Park*

**Park Aide/Mentor Program Coordinator**

I coordinated a former Americorps program based at Ponderosa State Park that provides high school students from Heartland Alternative High School an opportunity to be mentors to third graders at Donnelly Elementary while teaching about science and naturalist skills. On weekends, I worked at the visitor's center, assisting cross country skiers, the Special Olympics ski team, and making reservations for the campground.

August 2002-August 2003

San Marcos, TX

*Southwest Texas State University, Department of Geography*

**Graduate Research Assistant**

I worked with and assisted Dr. Shelley on his research endeavors and collaborated with him to develop new projects. In the summer, I worked part-time for Dr. Earl grading papers and driving vans for field trips with his undergraduate physical geography class and with Dr. Stea's research on Navajo language and landscapes.

July 2002

Austin, TX

*International Summit for Young Technology Leaders*

**Faculty Advisor**

This position was with a ten-day technology conference with over 1200 students from across the US. As a faculty advisor I met with my class of 25 students each day and facilitated team-building activities, learning about technology, and developing and completing team projects. Out of the classroom, I was responsible for leading field trips, patrolling social events, and checking students in their rooms at night.

December 2001-March 2002

Austin, TX

*The University of Texas, Distance Education, Migrant Student Program*

**Student Development Specialist**

In this position I was responsible for maintaining databases, designing new databases, corresponding with high school counselors throughout Texas, and assisting with other needs of the Migrant Student Program, a grant funded program that provides distance learning opportunities to high school students in migrant, usually farmworker, families. In the spring there is a recognition ceremony and I was the main coordinator/event planner for this ceremony that catered to 300 students, counselors, parents, and distinguished guests at the Frank Erwin Center. This involved everything from invitations, confirmations, travel arrangements, gathering donations from local businesses, entertainment, photography, press, and other program planning.

June-July 2001

University Park, PA

*Pennsylvania Governor's School for Information Science and Technology*

**Governor's School Assistant**

Assisted with academic and extracurricular programs for the five-week excellence program for high school students. Served as a team leader for making a promotional CD for the Schreyer Honors College and for planning special events and the year-end picnic. Also, acted as a resident assistant for the students in the dorm.

August – December 2000

Guadalajara, MEXICO

*Centro Integral Comunitario*

**Service Learning Volunteer/Student/Teacher**

Along with 4 other students I worked in a community center/medical clinic located in a squatter's community on the outskirts of Guadalajara for approximately 15-20 hours every week. We had various roles in the center and community. Our weekly project was to run a homework/afterschool program for kids age 6-12; other days we helped in the clinic, gave presentations on health issues, visited local schools, and went out into the neighborhoods to assist residents.

May-August 2000

University Park, PA

*Penn State University*

**FTCAP Facilitator**

Presented information to incoming freshman about the social aspects of Penn State, including sexual assault and alcohol abuse.

June-August 1999

Silver Bay, NY

*Silver Bay YMCA Conference Center*

**Lifeguard and Children's Leader**

Provided a safe swimming environment on the lake, taught swim lessons, and helped coordinate programs and care for children ages 1 to 5. Served local preschool children and children of guests – accommodating various special needs and children from different economic backgrounds.

January-August 1998

Orlando, FL

*Walt Disney World Industrial Engineering*

**Industrial Engineering Intern/Penn State Co-op participant**

Assisted the Labor Strategy Task Force that was comprised of executives and managers from many different areas of the company (engineering, hotel/restaurant management, consulting, human resources, information technology, accounting, park management) with many tasks. Worked closely with my mentor (an Industrial Engineer) and was responsible for coordinating schedules for employees in our trial work experiment. Collected and analyzed data, attended planning meetings weekly and assisted with other IE projects when extra help was needed. Also worked with a labor strategy team member to develop and design a web-based system to help managers share available labor between hotels.

May-August 1997

Jeffersonville, PA

*West Norriton Ambulance Squad*

**Senior Volunteer/ First Responder:**

After becoming certified as a First Responder, I trained with the ambulance squad and assisted with Emergency Medical Services.

August 1997

University Park, PA

*Pennsylvania State University*

**Penn State Women In Engineering Program Mentor**

Worked as a mentor for freshman engineering students and assisted the director and other mentors with organizing activities during a special 4 day orientation and throughout the semester.

**Teaching**

**Lewis-Clark State College 2007-**

**ID 300-Hells Canyon Institute-** Presenter- 2015, 2016, 2017, 2021, 2023

**Student Development 095**(1 credit)- Applied Study Skills for Science (Anatomy, Physiology and Chemistry)

**Student Development 110** (3 credits)- Application of Learning Strategies

**Student Development 220** (1-3 credits)-Introduction to Leadership(Spring 2009, Spring 2010, Spring 2011)

**Kinesiology 160/131** (1 credit) – Yoga Retreat Weekend (Spring 2008-Fall 2015, Spring 2020, On campus Spring 2023, Fall 2023, St.Gertrude's Monastery Spring 2024), Hatha Yoga (Spring 2014, Fall 2014, Spring 2015, Fall 2015, Spring 2016, Fall 2016, Spring 2017, Fall 2017, Spring 2018, Fall 2018), Meditation Yoga (Fall 2017, Spring 2018, Spring 2019, Spring 2020, Spring 2022, Fall 2022, Spring 2023, Fall 2023)

**KIN192ST**-Gardening for Wellness (Spring 2016, Spring 2024)

**SD192** (3 credits)- Investigations into Economic Class in America/Success in the College Environment – (Spring 2012)

**Natural Science 150** (3 credits)- Introduction to the Natural Sciences (Online Fall 2011, Spring 2012, Summer 2012, Fall 2012, Spring 2013, Fall 2013, Spring 2014, Summer 2014, Fall 2014, Spring 2015, Summer 2015, Fall 2015, Spring 2016, Summer 2016, Fall 2016, Spring 2017, Summer 2017, Fall 2017, Spring 2018, Summer 2018, Fall 2018, Spring 2019, Fall 2019, Spring 2020, Summer 2020, Spring 2021, Summer 2021, Fall 2021, Spring 2022, Summer 2022, Summer 2023);

Oncampus (Spring 2012, Fall 2012, Spring 2013, Fall 2013, Spring 2014, Fall 2014, Fall 2022, Spring 2023, Fall 2023)

**Geology 120** (4 credits) – Introduction to Earth Science (Spring 2015, Spring 2016, Fall 2016, Spring 2017, Fall 2017, Spring 2018, Fall 2018, Spring 2019)

**Student Development 107** (1 credit) – First Year Experience (Fall 2016, Fall 2017, Fall 2018, Fall 2023)

**Kids College (ages 6-12)**- Jr. Master Gardener, Yoga, Origami (Summer 2017, Summer 2018)

**Walla Walla Community College 2011**

**Bridge the Gap Project** – Investigations into Economic Class in America (Fall 2011)

### **Community Yoga (since 2014 certification)**

Experience Mexico Retreat, January 2020  
Experience White Bird, Idaho Retreat Spring 2021, Spring 2022  
Experience Couer D'Alene Yoga Retreat, Summer 2020  
Experience Walla Walla Retreat, Winter 2022, Winter 2023  
Experience Kamiah Retreat, Summer 2023  
Huckleberry Retreat Summer 2020, Summer 2022  
Lewiston Parks and Recreation adult yoga class(Spring 2014, Fall 2014, Spring 2015, Summer 2020)  
LCSC Residence Life (Summer 2014, Spring 2015, Summer 2016)  
Lapwai Boys and Girls Club kids yoga (Summer 2014)  
Children's House Montessori School kids yoga (Fall 2014, Spring 2015, Fall 2015, Spring 2016, Fall 2016, Spring 2017, Fall 2017, Spring 2018)  
Hell's Canyon Institute experiential education/outdoor yoga (Spring 2015, Spring 2016, Spring 2017)  
Clearwater Paper corporate yoga (Summer 2015- Fall 2016)  
LCSC Center for Arts and History (Summer 2015, Fall 2015)  
Asotin County Aquatic Center (Winter 2016- )

### **Professional Development**

- Med Bridge PTA recert courses 2023
- How Yoga Heals 2023, Soma Institute, 16 hr professional development
- Acroyoga Fundamentals Move Connect Play, 77 lessons, online course 2023
- Physical Therapist Assistant Recertification APTA courses online, 2022
- Northwest Yoga Feast, July 2019
- Yoga Fort Festival, March 2019
- Acroyoga Portland Training, Prehab and Acroyoga basics, October 2018
- 4H Yoga for Kids Training, Boise, ID, June 2018
- Idaho Parks and Recreation Association conference, Moscow, ID Spring 2018,
- Enfolding the Light Yoga training, Winter 2017, with Karen Sprute Francovich, Garden Street Yoga
- Shanti Yoga School Prenatal Yoga Teacher Training Part 1 and 2, 90 hours, Fall 2015-Spring 2016
- EPSCOR WC-WAVE UVM – Visualization and Modeling Workshop, Boise, ID June 2015, Las Vegas, October 2015, Tahoe, May 2016
- LCSC Faculty Inquiry Group Spring 2015 – Campus as a Living Lab-The LC Teaching and Learning Garden
- Northwest Yoga Conference, Seattle, WA, March 2015
- Idaho Academy of Science Annual Meeting and Symposium, April 2014
- International Montessori Congress, Theme: Guided by Nature – Portland, OR August 2013
- Triple Bottom Line, Clarkston, WA- May 2013
- Understanding and Engaging Under-Resourced College Students/ College Achievement Alliance trainer certification and Investigations into Economic Class in America trainer certification – Canton, OH October 29-November 1, 2012
- Understanding and Engaging Under-Resourced College Students and College Retention and Engagement – a systems approach – Lewiston, ID, August 1-2, 2012
- Bridges out of poverty trainer certification – Salt Lake City, April 2012
- TRIO Training Priority 1 and 2, Legislation, Regulations, Budgeting, and Evaluations, Las Vegas, NV- February 2011
- TRIO/COE Grant Writing Workshop, Boise, ID – October 2010
- NEFE Financial Literacy Training, Lewiston, ID – June 2010
- Bridges Out of Poverty Training and Poverty Simulation, Clarkston, WA- May 2010
- National Conference on Volunteering and Service, San Francisco, CA – June 2009
- Microsoft Access, Word, Excel 2007, FrontPage and Webexpressions PDT trainings at LCSC – August 2009
- Stress Management PDT at LCSC- April 2009
- Idaho TRiO Student Leadership Conference, February 2008 and January 2009
- Ergonomics PDT Seminar at LCSC – August 2008
- CPR and AED Training at LCSC – July 2008
- University of Washington TRiO Training Online- Priority 3: Graduation and Retention, Student Needs Assessment, and Educational Technology- Completed July 2008

- University of Washington TRiO Training Online- Priority 1 APRs, Record Keeping and Evaluation-started July 2008
- Idaho TRiO Spring Training conference at LCSC- April 2008
- Northwest Association of Special Programs (NASP), November 2007
- UI-ACADA- Advising Symposium, Moscow, Idaho, September 2007 and September 2008
- National Service-Learning Conference, Philadelphia, PA, April 2007
- Association of American Geographers National Conference, New Orleans, LA, Spring 2003

### Professional Memberships

- *Yoga Alliance*- 2014-
- *APTA (Physical Therapy)* 2020-2023
- *The Green Team Sustainability Club*- founding advisor 2014-2017
- *The TRiO Warrior Club*- Advisor, Spring 2008-Fall 2011
- *Americorps Alumni Group*- Fall 2008
- *Penn State Alumni Association*- Life member
- *SWG* –Supporting Women in Geography, Fall 2002-Spring 2003
- *Graduate Forum*, Fall 2002-Spring 2003
- *Association of American Geographers*- Student member
- *Gamma Theta Upsilon* – Geography Honors Society, Spring 2003
- *National Society of Collegiate Scholars* – Inducted Fall 1999, Founding
- Member of Penn State Chapter and Secretary Fall 1998-Spring 2000
- *Golden Key Honors Society*- Inducted Fall 1999
- *PSI CHI* (Psychology Honors Society)- Inducted Spring 1999
- *Alpha Phi Omega* (National Co-Ed Service Fraternity)–pledge Fall 1997, Fellowship Vice President Spring 2000, Pledge Class Advisor Fall 1999
- *Society of Women Engineers* – member, Fall 1996-Spring 1998

### Grants and Awards

- Lewis-Clark Health Foundation Youth Yoga Grant with City of Lewiston Public Library, Summer 2023
- Open Educational Resources and Belonging Project Grants, LCSC, Spring 2019
- Idaho EPSCOR IWG – Advancing Publication Opportunities for Faculty at Primarily Undergraduate Serving Institutions \$8000 for workshop, Spring 2017
- ASLCSC Student Development Grant - \$1000 for LC Learning Garden, Fall 2015
- LCSC Institutional Development Grant - \$5400 for LC Learning Garden Outdoor Classroom, Spring 2016
- Idaho EPSCOR Undergraduate Visualization and Modeling Network grant - \$5000 training and development grant, 2015-16
- LCSC Distance Learning Course Development Grant Spring 2013
- USA Funds Scholarship recipient 2003-2004
- Amita Malwade Graduate Scholarship in Human Geography, 2003
- Liberal Arts Scholarship, 1999
- Academic Excellence Scholarship, Fall 1996-Fall 2000
- Dean's List, Fall 1996, 1997, 1998, Spring 1998, 1999
- Alpha Phi Omega Blue and Gold Letters Fall 1999, Spring 2000 (awarded for exceeding hours of service)
- First Place Design Project - Engineering Design and Graphics Fall 1996
- Two Schreyer Ambassador Travel Grant awards for International Study, 2000
- Four STAR grants from Norristown Area High School (supports high school alumni with money for college tuition), 1996-2000

## Presentation s and Publications

- International Day of Yoga Celebration - Lewiston City Library, June 2022, June 2023
- Geology 120 Earth Systems Posters (in partnership with IDEQ, Nez Perce Tribe, and Friends of the Clearwater), LCSC Research Symposium, May 2018, May 2019
- University of Idaho Active Learning Symposium “Learning in the Garden”-May 2017
- Next Generation Science Standards Workshop Lewiston School District “Partnering with the LC Learning Garden”- May 2017
- Gardening for wellness workshops at Nez Perce Tribal Enterprises– “Building permaculture herb spirals and transplanting starts” – April, May 2017
- Lapwai PACE Summer Program for middle school/high school kids – “Science opportunities in the garden”- Summer 2015-2017
- Girl Scouts STEM education day “Yoga and Science”- Spring 2014, 2016
- University of Idaho EPSCOR Undergraduate Visualization and Modeling Network –“Visualization and OEF Curriculum resources for undergraduate earth systems course”-Las Vegas, Nevada-October 2015
- University of Idaho EPSCOR Undergraduate Visualization and Modeling Network Poster Symposium –“Using Google Earth as a visualization tool for semester projects in undergraduate earth systems course”-Tahoe, Nevada-May 2016
- LCSC Hells Canyon Institute- Nature Awareness, Flow Learning and Yoga, Spring Breaks 2014-2017
- LCSC Native American and Minority Services Student Leadership retreat workshops 2014, 2016
- LCSC Research Symposium – Poster Session – Campus as a Living Lab- The LC Teaching and Learning Garden, Spring 2015
- North Idaho College Faculty and Staff – Understanding and Engaging Under-Resourced College Students- 2 day workshop, Lead Facilitator with Dr. Eleanor Downey - February 2015
- Idaho Library Association Conference, Lewiston, ID “Office Yoga” – Fall 2014
- LCSC Faculty Workshops and PDTs - Understanding and Engaging Under-Resourced College Students, Classroom Strategies for building resources, relationships and reason Spring 2014, Fall 2015
- TEDxLCSC- Emcee, November 2014
- Journey Magazine (LCSC Alumni Magazine) “Inspiral’ing” Summer 2014
- Idaho Academy of the Sciences Conference – “Science Literacy and Campus Sustainability”- NS150 and LEAP, April 2014
- Thinking Through Lunch LCSC- NS150 and LEAP- Spring 2013
- Introduction to Yoga, Lewiston City Library- Fall 2013
- “Developing a Student Success Seminar at Lewis-Clark State College: Working towards State Board of Education and Complete College Idaho goals for graduation, persistence, and student learning outcomes” by Savona Holmes, M.A. and Jeanette Gara-Betzold, M.N.R., April 2013 on behalf of the Lewis-Clark State College J.A. and Kathryn Albertson Foundation Continuous Enrollment Initiative Grant
- LCSC Teaching and Learning Workshops- Understanding and Engaging Under-Resourced College Students- Spring 2013
- Lewis-Clark State College Residence Life Study Skills Workshop 2011
- Lewis-Clark Valley Circles Meetings- Attending LCSC and Services offered through TRIO Student Support Services- Spring 2009-Fall 2010
- University of Idaho Service-Learning Faculty Fellows Workshops 2005-2007
- Building Community Partnerships- Service Learning conference at Lewis-Clark State College, April 2007
- “Growth and Distribution of Women’s Lacrosse in the USA : 1971-2001.” Association of American Geographers National Conference, March 2003
- “Peopling the Louisiana Purchase”- Jeanette Gara and Dr. Fred Shelley, Spring 2003
- “Life after College: How to stay involved with service after graduation.” Alpha Phi Omega Regional Conference March 27th, 2000, Penn State University
- “Studying Abroad in Guadalajara, Mexico.” Norristown Area High School, presentation to Spanish IV class, December 2000.



## Service

- “Working for the Mouse: Industrial Engineering in Walt Disney World.” Penn State University Cooperative Education, Presentation to Co-op staff and prospective students, August 1998
- Guardian Angels Parent Group, All Saints Catholic School, 2021-2023
- Children’s House Montessori School Volunteer 2019-2023
- Camp Invention Camp Parent Volunteer 2017-2020
- Yoga and Depression research study, WWCC, Doctorate of Nursing project with Sherri Sweikert-Smith- Fall 2017
- Idaho Health and Yoga Awareness Week and International Yoga Day, Free Community Class and community yoga promotions- 2013-
- Backyard Harvest Board of Directors (Harvest Dinners, SUP fundraiser, local gleaning) – Spring 2016-Fall 2019
- The LC Learning Garden- founding director Fall 2014-2020
- LCSC Tennis Center Advisory Board- Spring 2017-
- LCSC Arboretum Committee – support campus arboretum activities and link learning opportunities to camp grounds, 2014-
- Lewiston Friends of the Farmer’s Market – 2011-2016
- LCSC Sustainability Action team – support campus sustainability activities and working to incorporate sustainability related service-learning projects in to NS150, 2010-2016
- Circles/Community Action Partnership ally- provide intentional friendship to people working to improve their lives and end the cycle of poverty in their families, 2008-2012
- TRiO Photoessay judge- rate and comment on photoessays by middle school, high school, and college students in TRiO programs from throughout the US, 2008-2011
- TRiO Warrior Club- serve as advisor, assisted students in establishing organization, and participated in service and fundraising events. Club goal is to raise \$10,000 and establish a scholarship endowment for first generation, low income students at LCSC. 2007-2011
- TRiO Upward Bound Silver Valley- Summer 2008- taught yoga to first-generation, low-income high school students – Summer 2008.
- Americorps Member – Fall 2006-2007 – completed 300 hr volunteer commitment with PCEI Americorps. Served as mentor for young women at University of Idaho and taught at the McCall Outdoor Science School.
- McCall Memorial Hospital- Fall 2004- Volunteered in Patient Care, assisting nurses and therapists with patients.
- San Marcos Animal Shelter- Spring 2003 -spent time with animals, helped with occasional cleaning and exercising dogs.
- Vacation Bible School – Simpson United Methodist Church, I taught 1-3rd graders an African American focused bible school curriculum “Under the Baobob Tree”-Summer 2003
- After-school bus stop ministry- volunteered at Simpson United Methodist Church on Thursday afternoons to spend time with and prepare refreshments for middle school students at their bus stop. Adult presence helped prevent vandalism to the church and made a safer environment for the students- 2002-2003
- Centro Integral Comunitario - semester study abroad/service learning program- 15-20 hours of service each week assisting the medical center and running the afterschool program for neighborhood children- Fall 2000
- Penn State Dance Marathon – planned canning trips, spent weekends canning (collecting money outside of stores, along busy roads), raised money, worked as security for THON 99 and danced for 48 hours in THON 2000
- Rethinking Urban Poverty, The Philadelphia Field Project- a 5 week service learning/research program in West Philadelphia (to conduct thesis research on youth and service.) Also participated in small service projects during the 5 weeks – environmental park clean ups and visiting shelter homes- Summer 1998
- Alpha Phi Omega – coed service fraternity – minimum of 20 hours of service each semester. Worked with Boy Scout Troop (adult mentally handicapped), Cub Scouts, Brownies, Special Olympics, ice skating with local mentally handicapped youth, spring break service trips to work in national park cleanups, American Red Cross blood drives, fundraising for Cropwalk, visiting local retirement home, etc.

- American Red Cross - Certified Lifeguard and CPR instructor – volunteered and taught a community CPR and first aid class during summer 2000. Worked at blood drives helping with recruitment, sign-in, greeting, taking care of donors, and donating blood.
- SAIL – Schreyer Honors College service group- delivered leftover dining hall food to local shelters weekly and participated in other one day service events.
- National Society of Collegiate Scholars –service/leadership honors society –founding student member, participated in THON, visited nursing homes, helped with local fundraisers and blood drives.

## **Additional Skills**

*Language Proficiency:* Spanish

*Certification:* 200 HR Registered Yoga Teacher, Registered Prenatal Yoga Teacher, First Aid and CPR

*Computer Skills:* PC and MAC Platforms

-Proficient in Microsoft Office (Word, Excel, Access, Powerpoint, Outlook),  
Datatel, Student Access, FrontPage, Expressions, Internet Explorer, RealPlayer, AOL, Instant Messenger,  
Facebook, Wordpress

-Familiar with Photoshop, HTML, UNIX, C++, ArcView, ArcGIS, FileMakerPro, Statview, Clarisworks, Corel  
Print House

*Interests:* family, yoga, cooking/nutrition, travel, hiking, origami, gardening, experiential learning, rollerblading, ice skating, cross country skiing