

# York High School ALUMNI NEWSLETTER

The official newsletter of York High School Alumni



## York News

Congratulations to the following York High School student-athletes committing to participate in athletics next year at the collegiate level:

**Luke Barber**, Carroll University, Baseball | **Sam Bartolone**, Swarthmore College, Golf | **Matt Billenstein**, Carthage College, Swimming | **Michael Bojesen**, Carthage College, Football | **Charlie Cmiel**, Blackhawk Junior College, Baseball | **Anthony Flores**, Otterbein University, Lacrosse | **Jeffrey Grace III**, Arizona State, Basketball | **Colin Hill**, University of Iowa, Track and Field | **Patrick Kastner**, Michigan Tech University, Football | **Gianna Konieczny**, Elmhurst University, Track and Field | **Trent Lawrence**, Morton Junior College, Baseball | **Luke Malaga** Cornell University Football | **Sydney Malaga**, Cornell University, Soccer | **Gianna Nikoleit**, UW- Whitewater, WI, Tennis | **Ryan Pickell**, College of DuPage, Baseball | **Conor Polomsky**, DePauw University, Golf | **Tyler Procajlo**, Millikin University, Baseball | **Hayden Renier**, Indiana-Wesleyan, Football | **Holly Santucci**, Viterbo University, Bowling | **Josh Temple**, Kenyon College, Lacrosse | **Mickey Vreeland**, Bradley University, Track and Field | **Jacob Wiggins**, Belmont Abbey College, Volleyball | **Jacob Wodarczyk**, Adrian College, Volleyball | **Ryan Woolfe**, Wingate University, Lacrosse

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## York Drama presents **The Theory of Relativity.**

The scheduled content will stream May 21st, May 22nd May 23rd and May 28th, May 29th, May 30th at 7:30 pm each night,

Tickets will go on sale May 12th at [www.showtix4u.com/events/YorkDrama](http://www.showtix4u.com/events/YorkDrama) and are \$15 per viewing link, per device.

Each performance will require one ticket (access code) per device per night.

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### **Duke Spotlight**

#### **Peggy Kinst, Class of 1965**

Peggy Kinst, class of 1965, believes that “life is an amazing proposition” and her positivity, inquisitiveness, and zest for life have defined her and her journey.

Until recently, Peggy was a lifelong resident of Oak Brook, and as a child and she attended Elmhurst Public Schools. Her favorite courses at York were generally determined by who taught them. Mr. Wilson ignited an interest in Science and served as a mentor.

Mr. Stringfellow, the English Literature teacher with a penchant for quoting Shakespeare, got her so interested in the subject that she decided to pursue it in college.

She landed at Northwestern University but had to end her studies junior year because of a disease state that set her on a course to find natural options for her own health and wellness. What began with her sneaking out of the house to attend Yoga classes, evolved into a lifelong mission of wellness studies and a passion to teach others all that she has learned, stressing the importance of the connection between the mind, body, and spirit.

Peggy has lectured extensively over her career, working with all populations from children, obese teens, the fit population, as well as the mentally challenged. Most recently she has worked predominantly with the “vintage population” educating them about the steps to deter the onset of dementia and how to enhance their lives socially, intellectually, physically, and spiritually. She has done interviews, training, and a recent educational webinar for the Alzheimer’s Association on these topics. Peggy has traveled nationally and internationally as a certified trainer and educator for Ageless Grace, a brain health fitness program based on the science of neuroplasticity (Mr. Wilson would be proud!) and as an international workshop facilitator and presenter for Aroma Techniques/Neuro Essence. Peggy was featured as one

of 40 women in photographer Mary Ann Halpin's book of photos and stories titled Fearless Women Fearless Wisdom.

It is not just Peggy's professional accomplishments that make her an amazing woman. While battling the lifelong challenges of ulcerative colitis, Peggy raised two children and didn't let her disease slow her down. At age 55, she learned how to sail, and began a twenty-year adventure of living on a sailboat for three months of the year and sailing six hundred miles a year to exotic locations. Peggy is a participant of Rush University's Memory and Aging Project, an epidemiology research study that ultimately requires her to donate her brain to science! At age 74, she kick-boxes, circuit trains, swims, and meditates. Peggy has recently moved to Florida to begin yet another chapter of her life and continued journey to self-discovery. Can't wait to see what she does next!

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### **YCHSAA Executive Board Openings**

Would you or a fellow alum like to be a part of the ever-growing Alumni Association? Send an email to [ychsaa1912@gmail.com](mailto:ychsaa1912@gmail.com) for more information about joining the YCHSAA Executive Board.

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### **York Community High School Alumni Association Landmark Throw!**

YCHSAA's newly redesigned Landmark Elmhurst woven throw is available for local delivery or pickup. The throw is available in Black & Cream or Green & Cream and makes a great gift or keepsake! [Order your throw today!](#)

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### **2021 Distinguished Alumni**

Do you know a York graduate of 5+ years who have distinguished themselves through significant and/or extraordinary accomplishments, service, and/or an outstanding contribution to society? Nominate them today! [Click here for more information!](#)

**Nominations must be received by May 31, 2021**, to be considered for Fall 2021. Those received after May 31, 2021, will be considered for the following year.

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**Update your information!**

Have you moved or changed your phone number, [visit us online](#) and update your information!

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**Reunions**

During these uncertain times, we will be maintaining updated information on the [Reunion page](#), located on the District 205 website.

If your reunion has been postponed or canceled due to COVID-19, please email your updates to [alumni@elmhurst205.org](mailto:alumni@elmhurst205.org).

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