Meet our new High School staff members!

**Rachel Bashaw, Para Professional**
Rachel is a Colorado Springs native and a University of Northern Colorado graduate. She loves ultimate frisbee and plays on club teams and leagues year-round. She also loves rock climbing, tennis, mountain biking and many other sports. She also loves her grouchy maltipoo, Annyong!

**Shelly Galloway, Para Professional**
Shelly is married and has four adult children, one son-in-law and one amazing 4-year-old grandson named Niall. She has lived in Missouri, near Kansas City, all her life up until July 1, 2019. She and her husband moved to Cascade to be near two of their children and grandson. They also operate an Airbnb out of their home. So far, they love being here! In her “spare time,” Shelly loves to bake, read, play with her grandson, garden and spend time with her family!

**Trevor Robbins, AP Social Studies Teacher**
Trevor has been teaching for more than 15 years now and is married to his wonderful and intelligent wife, Donna. They have a daughter, Kaya, who just turned 12 years old and has started the seventh grade at Manitou Springs Middle School. They are originally from Oklahoma and moved up the mountain this year. Trevor loves to hike, bike, generally explore, and really loves live music that is interesting. He has earned an undergraduate degree in political science and has earned a master’s in secondary education from East Central University in Ada, Oklahoma. He says that while he has taught many subjects, he tries to teach a class on United States History every year. Trevor loves learning new things about his students and about the world.

**Elise Hoover-King, English Teacher**
Elise couldn’t be more excited for her new adventure with the Mustangs. This year, Elise is teaching senior English and will be the advisor for the yearbook and newspaper. This is her eighth year as an educator and has worked with students from grades six through 12. She has an expansive background in the creative arts, and has spent time working in photography, directing shows and in advertising and marketing. She has a bachelor’s in English literature, with a minor in visual and performing arts. In her spare time, Elise enjoys running, snowboarding, reading and spending time with her family. She’s a wife and a mother of three awesome children! Elise teaches because she loves inspiring, building relationships and watching kids spread their wings. She feels blessed to have picked a rewarding career, and is honored to be a new member of the Manitou community!

**Janelle Krohn, Para Professional**
Janelle Krohn is entering her first year as a Mustang. She works in the high school special education department and coaches middle school volleyball. She’s originally from Kansas City, Missouri, and is a huge fan of the Chiefs and Royals. She enjoys hiking, camping, skiing, golfing and most anything active. She also enjoys traveling and experiencing new places and meeting new people. She’s looking forward to her first year as a Mustang!

**Stuart Jeck, Study Hall Teacher**
Stuart is the Study Hall teacher at MSHS. He was born and raised in Pittsburg, Kansas. Stu was a college baseball player, has a master’s degree in Exercise Science, and taught for two years at Pittsburg State University. Stu spent the last four years teaching middle school physical education, high school strength and conditioning and also worked as a middle school athletic director. Stu is married to Kara, a special education teacher in the Harrison school district. They have two huskies. Stu will be coaching football and baseball at MSHS.

**Liz Litzelman, Gifted & Talented Coordinator**
Liz is the new Gifted & Talented Coordinator at Manitou Springs High School. This is her 15th year as an educator; over the course of those 15 years she has taught English language arts, worked an instructional coach, and coordinated the Teacher Cadet program. In her spare time, she likes to read, watch the Denver Broncos and spend time with her husband, two kids and chocolate lab.

**Dana Mattison, Computer Science Teacher**
Dana teaches sixth through 12th grade Computer Science at Manitou Springs Middle School and Manitou Springs High School. She was born and raised in Aztec, New Mexico. She graduated Fort Hays State University in Kansas with degrees in Secondary Education and Business Education. Yoga, hiking and nutrition are her passions. Dana is happily married to Brad and they have two fantastic children, Ender (a Mustang) and Kymber (a future Mustang). Dana’s hobbies include various amateur DIY projects and gardening activities.

**Jennifer Trainor, Counselor**
Jennifer graduated from American Military University’s counseling program in August 2011. Before attending AMU, she studied at Brigham Young University and graduated with a degree in Therapeutic Recreation. Following that, she practiced as a licensed Therapeutic Recreational Specialist in Utah. She’s worked as a counselor at Fountain-Fort Carson High School and Jack Swigert Middle School. She’s been married to her high school sweetheart for more than 30 years and has four children and three grandchildren. She enjoys being an empty nester and has recently joined a scooter gang in Colorado Springs.

**Julia Jackson, Chemistry Teacher**
Julia joined MSHS in January 2019. She teaches chemistry, honors chemistry and physical science. Before becoming a Mustang, she earned a degree in chemistry - secondary education from UCSC. She enjoys doing yoga, reading, and spending time with her family and dog.