



Alyson Galow,
SGS Class of 2017
2nd year student at
Carroll College in Helena, MT
studying Anthrozoology,
Biology, Spanish

Confident Graduates

I finished my Spanish minor by studying abroad in Chile over the summer. It didn't occur to me that it was abnormal for a first-year college student to finish a minor or study abroad.

Over the last few months, I reached out to the last three years of SGS graduates to hear their so-called “abnormal” experiences. After receiving the first response, I knew that

there were many Dragons out there with incredible stories of their own, of much greater magnitude than simply studying abroad. After I gathered their various stories, I picked up on one important theme: focus on what fills you with joy and pursue it with confidence.

Please enjoy reading the following stories of Dragon alumni. It fills me with pride to help share these experiences and know that the most recent graduates have been making an impact on communities far beyond Saint George's.

— Alyson Galow '17

The Internet of Things

At the forefront of technology, Brooke Martin worked for the Vice President of Internet of Things for T-Mobile in Bellevue, Washington over the summer in between her freshman and sophomore years at Stanford University. Over the course of 12 weeks, Martin developed long-term business strategies, marketing and distribution plans, and new product concepts while working on key corporate partnerships.

As an intern for the Internet of Things, every task Martin worked on was in some way related to the growing network of connected devices – physical objects with digital connectivity and integration to other devices. “This is the technology that drives the concept of Smart Homes and Smart Cities, improves supply chain efficiency and

insight, and enables heightened personal awareness through smart wearables.”

Throughout her time as an intern, she was able to use her knowledge from creating her own product iCPooch, a device that “served to improve the relationship that people have with their pets by allowing owners to video chat with and deliver treats to their dogs through a mobile application.” Her prior experience of leading and developing a start-up helped her to think of ways to make the creation of Internet of Things devices more feasible and accessible for innovators and developers.

For Martin, it was an incredible experience to work for a large, technology company. The experience did not come without challenges though. Since she had never experienced this specific

“It is crucial to ensure that technology is utilized to strengthen, rather than detract from, our relationships.”



Brooke Martin, SGS Class of 2017
2nd year student at Stanford
University in Stanford, CA
studying Management Science,
Engineering, Spanish

Outdoor Adventure

Michael Thew, an active outdoorsman, developed his passion for nature in his first years of high school. "The SGS Outdoor Club trips gave me great opportunities to learn and challenge myself in the outdoor arena." After experiencing the University of Chicago's Outdoor Adventure Club, he decided the club needed to become more popular and less of a cliquey, climbing group. Thew was selected as the club's president his sophomore year and has since accomplished many of his original goals, including the addition of a pre-orientation outdoor program for incoming freshmen.

The Outdoor Adventure Club "strives to generate excitement about the outdoors" despite the urban campus and topographically limited Midwest

environment. The club runs weekend trips throughout the year. "We also host one-day events including bonfires at The Point (a lakeshore beach), slacklining and hammocking on the quad, and day trips to the Indiana Dunes." The main focus is to include all students, whether they have a background in the outdoors or not. With this wider emphasis on participation, Thew has brought over 200 students into the club's activities.

Thew's greatest goal will be reached this upcoming summer under the title "Phoenix Outdoor Program,"

a pre-orientation trip for incoming freshman. When Thew was looking at different universities and colleges in high school, he noticed that many had this sort of option for incoming freshman while UC did not. Once he was president, the Dean expressed the University's interest in expanding the school's welcome to new students. With support from the University, Thew and the Outdoor Adventure Club will be hosting a National Outdoor Leadership School Wilderness First Aid course throughout the summer for trip leaders as preparation for a total of five pre-orientation trips to Phoenix, Arizona for incoming freshman.

Growing this urban yet outdoorsy club is only one of Thew's goals. He also hopes to work in the aerospace

**Michael Thew, SGS Class of 2016
3rd year student at the University
of Chicago in Chicago, IL studying
Computational and Applied
Math, Astrophysics**



"I am passionate about sharing my knowledge and experience with others in hopes of sparking and expanding their appreciation for the outdoors."

industry, "ideally as an astronaut," while keeping his love of the outdoors alive.

"My lifetime goal is to complete the Seven Summits. Kind of a lofty goal, I know, but that's how I motivate myself."

industry before, especially at the corporate level, learning the vocabulary took a couple of weeks of studying a working list of terms and acronyms. One of her first challenges was "differentiating between cellular networks such as CAT-M, CAT-1, NB, and LTE, as well as understanding the way that each network operates and the use cases that it serves."

By the end of the experience, it became evident to Martin that she would one day like to be the CEO of a "company engrained in the innovative technology ecosystem," whether it is her own company or an existing one. Her passion for integrating technology with community is evident in her belief that "it is crucial to ensure that technology is utilized to strengthen, rather than detract from, our relationships with each other and our surroundings."

Global Health Care

In the last few years, Allison Milbrath has taken every opportunity that has called to her. She has traveled to Panama on a health brigade under the organization Global Brigades and through her university. She is a certified EMT and has served her campus community for over a year. In a few weeks she will be finishing up a semester in Chile, wrapping up classes focusing on indigenous groups' medical care. Milbrath's experiences have given her a "more wholistic worldview."

In Panama, Milbrath spent seven days volunteering with Panamanian medical professionals and setting up a free health clinic where people could access consistent medical attention. The student volunteers sorted and labeled medical supplies and then aided with patient care. While patients waited to be seen, often waiting all day, the volunteers hosted "charlas" or conversations for children and adults. Milbrath participated in a charla about the importance of brushing your teeth and of good nutrition. In between patient interactions in triage, Milbrath learned about the most common health complaints, regional health issues, and specific challenges and customs that create problems.

In Chile, Milbrath has been traveling within the country, learning about traditional medical practices. Her research project explores the "intersection of traditional and occidental practices on the reproductive health of indigenous populations." She has talked to many different groups of people on what the term "health" means to them as the cornerstone of her project. The main point she learned was that health is "not a trans-cultural, fixed concept, which



is something that occidental (modern) medicine doesn't consider."

As an EMT on campus, Milbrath was introduced to the love of practicing medicine, and it has been a rewarding experience to support her peers in such a direct way. "While we sometimes work in life-saving situations, a lot of the time we are advising and comforting patients on what to do in situations that are really difficult for them." She helps give an extra push to college students, advising them to see higher medical professionals. She also is the go-to person for connecting students to mental health resources when they need help.

Millbrath is considering applying to nursing school after college. "I love the science of it, I love dealing directly with patients, I love being able to make a direct, positive impact in people's lives. I want to help people, and I know that will lead me to a life of joy and satisfaction." She thinks that nursing will open up a lot of doors, including to health care administration or travelling medicine. "I would actually love to use what I've learned about intercultural medicine in my practice in some way."



"If you can help and care for someone in a difficult time, who's to say you don't have the power to change their world for the better?"

**Above:
Allison
with
patients in
Panama
Below:
EMT
training
at Santa
Clara**



**Allison Milbrath
SGS Class of 2016
3rd year student at
Santa Clara University
in Santa Clara, CA
studying Public Health,
Spanish**

The Power of Music

Malinda Wagstaff, a talented artist on the stage in her time at Saint George's and now at the Eastman School of Music, had the opportunity to participate in the Harrower Summer Opera Workshop in 2018. Over the course of three weeks in Atlanta, Georgia, Wagstaff and other singers worked on dance, acting, diction, and professional skills.

During the workshop, Wagstaff practiced and performed in two full-length operas, both works by Americans – “The Ballad of Baby Doe” by Douglas Moore and “Little Women” by Mark Adamo. An additional program featured single scenes from various shows. Wagstaff performed as Countess Charlotte in a scene from “A Little Night Music” and as the second spirit in “Die Zauberflöte.”

Along with showcasing her practiced talent through performances, there also were master classes to sing for professionals who “have had successful careers in the world of music.” Wagstaff worked one on one with W. Dwight Coleman, a renowned baritone who has performed across the nation. These opportunities will help her to grow as a performer, “developing new colors in my voice” and gaining more confidence for when she sings challenging music in the future.

Wagstaff is passionate about opera because “people feel something when they watch a performance. Although the stories occasionally seem ‘over the top’ for people in our day, I think the richness of emotions is something we can relate to.”

At Eastman, opera students take several years of foreign languages, including French, German, and Italian. “During one performance at

an outreach event, I sang a piece in German. I performed a translation of the piece that I had done myself, and afterwards a couple from Germany came to discuss it with me. They were so touched to hear that I was treating the language with respect and really taking the time to learn it.”

Wagstaff looks forward to performing for several years before becoming a voice professor and earning the title of “master of pedagogy.” In a more general way, she hopes to give back by inspiring the next generation of artists and develop programs where art serves the wider community. “I firmly believe that music is for everyone, and I hope to develop ways to bring more art to communities where there is less music per capita.”

“Music can help heal people who are hurting, and I want to use this power to make a difference.”



**Above: Malinda in “A Little Night Music”
Right: With the music from “The Ballad of Baby Doe”**



“I hope to teach and inspire the next generation of performers, and I also hope to touch the lives of community members through music.”

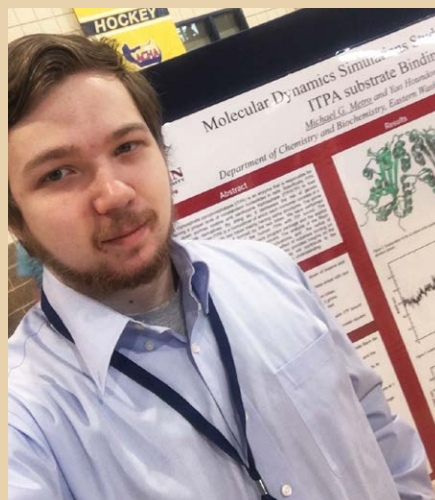


Focused on Research & Mentoring

Michael Metro has been pushing the limits ~ for his own education as well as to help others succeed. For the past two years, he has researched simulating proteins, specifically a protein that may be responsible for preventing cancer.

Metro's research involves Protein ITPA 2J4E and uses the technique of molecular dynamic solutions or "three-dimensional theoretical simulation of unknown reactions." Through this process, a scientifically correct representation of the protein-nucleotide reaction – an atomic-level event – is virtually simulated on a computer. Since these reactions haven't been thoroughly researched, Metro's specific protein research is adding to the

Michael Metro
SGS Class of 2016
3rd year student at Eastern Washington University in Cheney, WA studying Professional Chemistry, African History, Political Science



knowledge base of cancer research. "If our simulation proves successful, it will allow for synthesis of tailored proteins which would prevent specific types of cancer."

Metro has also been involved in Lead to Succeed, a program that provides sustainable solutions to the education crisis affecting at-risk youth. This community service project inspired by EWU professor George Duvall and his experience in the foster care system. In schools today, attendance of at-risk youth is extremely low. Unfortunately, school districts often do not have the funding to aid these kids.

Lead to Succeed's answer is for college students to mentor at-risk high

Building Inclusive Communities

In his first year of college at the University of Nevada, Sawyer Spackman felt there was a lack of community within the on-campus residential life. It was "lacking the involvement and comradery that I wanted from my four years here." Following his freshman year, he immediately got involved in the Housing and Residential Life on campus, which has both filled the void he felt as well as opened many doors to other communal opportunities. One of those opportunities was supporting the LGBTQ+ community on campus.

At a conference for College Resident Assistants in 2016, Spackman attended a session where other residential assistants discussed the LGBTQ+ community at their university

and their experience on the LGBTQ+ floor there. Spackman's reaction was immediate – "Why doesn't UNLV have that?" – especially when the University of Nevada is one of the most ethnically diverse campuses in the United States.

After eight weeks of research-based proposals, outreach to other universities with successful LGBTQ+ floors, and meetings with student leaders, personal supervisors, and housing administrators, Spackman was successful in gaining approval for a LGBTQ+ floor at his own university. Today, the floor community is "a place for queer and trans students, along with their allies, to live together while sharing a common experience – being non-heterosexual and/or non-cisgendered. The floor is a

Sawyer Spackman
SGS Class of 2015
4th year student at the University of Nevada-Las Vegas, NV studying Hospitality Management, Higher Education, Student Affairs



school students. Metro is helping the program to gain public attention through social media outreach. Currently the program is helping students succeed at Rogers High School in Spokane.

Through these two very different experiences, Metro has learned some valuable truths. The research in molecular dynamics has opened his interest into a future of scientific research. Lead to Succeed has changed his perspective on what it means to help others and the best ways to do that.

“Throwing money at deep societal issues simply isn’t effective.” He believes programs that approach the social injustice engrained in our society through people to people action will be more sustainable in the long run.

“The greatest tool given to me was determination. Despite the failures I’m sure to experience, I’ll never quit.”



**Michael and
EWU professor
George Duvall**

space where people feel safe, supported, and empowered to live their true lives and grow into successful adults, post-graduation.”

Spackman has since enjoyed watching the students grow and learn through those shared experiences. He has observed that they support each other in ways other students don’t. “A student asked me if I knew any trans women that were looking for makeup. The student had no use for makeup anymore, but didn’t want to throw it away.”

Throughout this experience, Spackman has become more experienced and better equipped to work with any and every kind of student in a variety of settings. “I like the idea of serving my students, not just being the ‘superior’ or leader that you might expect.”

His experience also helped him decide to change his major to focus on

higher education and hospitality. Specifically, he wants to continue “going to other schools and working with them to promote diversity, inclusion, and social justice. I want to make sure that everyone has an opportunity to voice their voice, and rise to anything that they put their mind to.”

“Through servant leadership, I’ve been more effective and more engaged with my students. I think it’s a really powerful concept.”



**Sawyer and
students from
UNLV's LGBTQ+
Residence Hall**

Studying Space & Snakes!

From kidney stones in space to poisonous reptiles on the ground, Megan Corn's research activities have an air of danger about them.

Sparked by a summer internship, Corn spent three years researching kidney stones in astronauts at the University of Washington. Due to the challenging environment in orbit, astronauts often have an increase in the concentration of calcium in their blood as well as a general decrease in water intake. If an astronaut develops a kidney stone, which is a possible result of these changes in their health, their mission is immediately terminated and they have to return to Earth as soon as possible. Corn's research helped lead to the development of an "organ on a chip" that serves as a

micro-physiological system in the body. This system "enables the proliferation of cells that mirror those in the human body better than previous two-dimensional systems." The goal is to keep astronauts healthy and functioning for longer periods in space.

Corn's study of reptiles began after becoming intrigued by the subject in her Genetics class. Her current research at Cal Poly San Luis Obispo has focused on epigenetic (physical characteristic) changes in rattlesnakes. "These have not been researched before and are important to know for their adaptation and evolution."

Her other reptile research looks at the effects of a hotter climate. "We keep lizards in varying climates in the lab setting for an extended

period of time. Then the lizards are put through heat trials where they are heated to their critical maximum (when they are unable to flip themselves over if placed on their back). The temperatures only vary by one or two degrees Celsius, so we are testing at what point they will begin to go extinct as the California desert temperatures increase every year."

"I am most passionate about continuously learning and pursuing my dream of practicing medicine."



One of the lab snakes at Cal Poly San Luis Obispo

Beyond her research in astronaut logistics and desert creatures, what Corn really aspires to be is an OB-GYN. "Ever since I was a child I would say I want to be a baby doctor." After spending this fall studying in Seville, Spain to improve her language skills, she hopes to practice in an area where her Spanish can aid in her patient care. Her love for science and helping people will someday combine to help people bring new life into the world.



Can this lizard survive as California's deserts get hotter?



Megan retrieving frozen kidney stone samples

Megan Corn
SGS Class of 2015
4th year student at California Polytechnic State University-San Luis Obispo, CA studying Biology with concentrations in Anatomy and Physiology, Biotechnology, Spanish

Preserving Tribal History

Jamie Nord, a University of Redlands Anthropology student, has found a passion for Native American Tribal relations with museums. She is working as a curator intern at the San Bernardino County Museum, handling artifacts, including human remains. "I love to work on the collection inventory, because I get to discover amazing objects that have just been sitting in storage for years."

Her senior honors project focuses on the relationship between Southern California museums and non-federally recognized tribes and the Native American Graves Protection Act. The Act, passed in 1990, requires museums to inventory their collections of human remains and consult with federally recognized tribes about them. There

is no requirement to consult with non-recognized tribes. Museums must make special requests to the Act's review committee when it comes to unrecognized tribes and their remains.

Nord's research will be looking for and recording repatriation claims for human remains and sacred objects; museum visits by tribal members; ceremonies performed on human remains at museums; collaboration between the museum and tribes on tribal exhibits; and communication about the storage of human remains at museums.

Nord hopes to determine how the federal recognition of a tribe may affect museums' relationships with native tribes. Throughout this project, she will be interviewing leaders of unrecognized tribes and meeting with local federally recognized tribes at the SBC Museum's Native American Heritage Day that she will help oversee.

"I love to learn about ancient and contemporary cultures. After I go to grad school, I would love to be a Curator of Anthropology for a museum."

"I get to discover amazing objects that have just been sitting in storage for years."



Above:
Jamie labeling,
examining, and
photographing
tribal artifacts



Jamie Nord
SGS Class of 2015
4th year student at the University of Redlands in
Redlands, CA studying Anthropology,
Art History, Spanish

Speaking to Everyone on the Planet

Self-portrait of John Hatheway shooting a sunset in the Nebraska badlands

The combination of John Hatheway's love for the outdoors and his talent in the arts has led to a personal and professional goal of exciting people about environmental issues.

Over the course of four months, Hatheway was an intern to "The Photo Ark." The Photo Ark is a project that was started over a decade ago by National Geographic photographer Joel Sartore. It has grown into a lifelong commitment to "document the incredible diversity of life on this planet before it vanishes." It is estimated that around 12,000 different species are in human hands today; Sartore has already

photographed 8,500 of them.

Sartore's photos capture the "intrinsic beauty and the harrowing plight of animals in the modern world" in a more emotional way than what we may find in textbook pictures or scientific journals. His audience should "look the animals in the eye and fall in love." This love at first sight is achieved by the simplicity of the photographs. The animals are photographed on black or white backgrounds, neutralizing any distractions.

Hatheway's role was to organize and produce short videos from the footage Sartore took during his shoots.

Video "often floats to the surface of people's social media feeds," so it has been important to make it "a more integral part of The Photo Ark's work." The project is reaching more and more people by staying up to date in media, such as posting the videos that Hatheway has made.

Despite serious environmental challenges, the changes he sees in people makes the project worth it. In one example, Hatheway took a trip with Sartore to a wildlife rescue center.

"The first thing I noticed when we arrived was that the veterinary nurses

“I am passionate about the visual communication of stories and ideas and how they can mend our broken relationship with the planet.”



**John Hatheway, SGS Class of 2015
4th year student at the
University of Washington in Seattle, WA
studying Visual Communication Design**

stopped what they were doing to help ensure that Joel got the images he needed. I got the impression that they see Joel's work as an effective way of telling the world about the amazing work that they do every day.”

Another impact that Hatheway witnessed was Sartore's defense of zoological parks and aquariums. “Zoos and aquariums often get a bad rap for keeping them (animals) in captivity, but the reality is that these facilities are the only line of defense against extinction,

and they do a great job of keeping the animals happy and comfortable. Accredited facilities do incredible work to ensure the longevity of species in peril. It was fascinating to listen to Joel dispel the negative myths about zoos; he is one of their most enthusiastic cheerleaders.”

Throughout his internship, Hatheway grew and learned in multiple ways, leading to his interest in a future career in nature and wildlife documentaries. He hopes to combine his interest in

the environment with visual art and storytelling, “because they are languages that everyone can speak and understand. They're things that everyone on the planet can relate to.”

For now, Hatheway wants people to hear the statement that Sartore gives to his audiences: “Make every decision count, influence others, make it permanent, think green, vote early, vote often, spend your money well, care, tell others, wake up the neighborhood. Is that enough? Yes, it is. You bet it is. That's more than enough. That's plenty.”

On the Web

**Learn more about The Photo Ark
and see some of John's videos at
www.sgs.org/magazine**

