

Celebrating the Success of Manson Graduates

January 2019

Sarah (Cross) Galvan, P.A. Mirasol Family Health Center



Sarah loved growing up in the small town of Manson. She greatly valued summertime on Lake Chelan and believes there is no more beautiful place on earth. "We would run down to the Madden's house every day and tan on the dock or jump off graffiti rock. The small and supportive school allowed me to be involved in sports, clubs and other extracurricular activities." Sarah attributes the small-town qualities of Manson to becoming a well-rounded person. After graduating from MHS in 2004, Sarah attained a Bachelor's Degree in Neuroscience from Washington State University and then went on to the Peace Corps in Paraguay as a health volunteer for 27 months. After her time in the Peace Corps, she earned her Master's as a Physician's Assistant from Emory University in Atlanta, Georgia. Upon returning from Paraguay, Sarah worked with the Fred Hutchinson's Cancer Research Center and Seamar Community Health Center where she conducted research on Latina Women's Breast Health in Seattle. Sarah is currently a Physician's Assistant (PA) in family medicine. "I work at a federally qualified health center in Hermiston, Oregon, where most of my patients are low-income or uninsured. I also do prenatal care and manage patients with chronic diseases like diabetes, hypertension and asthma." Sarah does acute care for her patients from those suffering from the common cold to those she has to give a heart-breaking cancer diagnosis to. Half of her patients are Spanish speakers; most are from Mexico and some from Guatemala. "I feel very blessed to speak Spanish so I can provide medical care to the people in their native language. I really love what I do and helping people with their medical needs is a rich reward." Most of Sarah's clients would not be able to afford health care if not for her clinic.

"Because of this, I really believe I am able to make positive changes and a difference in peoples' lives." In reflection, Sarah's favorite class in high school was math, thanks to the excellent teaching of Mrs. Kamie Kronbauer. "She was an amazing teacher and was always great at explaining concepts. She always pushed us to do better and be creative." Sarah took a class from Mrs. Kronbauer called "Rivers" that integrated language arts, math and geology. "It was very creative and she taught me to reach my goals and never stop learning." Sarah is also thankful for her friend and coach, Mrs. Desiree Phelps. "There are a lot of life lessons to be learned from team sports and Dez taught me that you have to work hard for what you want. She supported me through the disappointment of knee injuries and missed seasons, and we celebrated championships. She continues to be my friend and a role model to all the young girls and boys in our community." Sarah wants students at Manson to never give up. She applied to medical school and didn't get in initially, so rather than quit, she built her resume and became a better candidate. After being accepted into PA school, she had to work tirelessly to learn how to be a medical provider. "Now I am doing what I love professionally and I get to live close to my parents and sister. I have an amazing husband whom I met in Paraguay and a beautiful four-month old baby girl. Life is what you make it, and if you fight for what you want and never give up, it will pay off!"

Devon Griffith: Assistant Wine Maker, Tsilian Cellars Winery

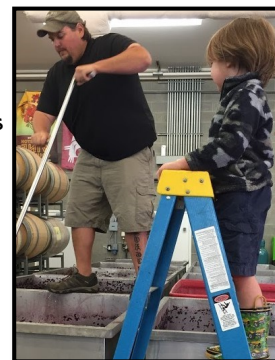
After graduating from Manson in 2012, Devon attended Washington State University where he obtained his B.S. in Integrated Plant Studies and majored in Fruit and Vegetable Management with a Viticulture Emphasis and a minor in Viticulture and Enology. "I took many steps to achieve readiness for my current position as Assistant Winemaker at Tsilian Cellars Winery." Devon says his first step getting his hands dirty in this field was during his internship with Lake Chelan Winery where he learned the ins and outs of winemaking and cellar work. Devon also participated in research winemaking projects while at school along with networking with various winemakers in the Chelan and Manson communities. "This valley has been home to both sides of my family for over a century. To be part of this community and attend school, volunteer and return home after college is an absolute blessing. It fills my heart with pride to follow in my family's footsteps as I further establish my own path and presence in the Manson community."

Devon says the people who had the most influence on his success at Manson High School were his parents, close friends and all the staff at Manson. "The combined love and support from these people let me to reach outside my comfort zone in every facet of my life."



Shane Collins: Rocky Point Winery, Winemaker

Shane grew up in Manson on a fifty-acre apple orchard that his great-grandfather started. He has many memories fishing, riding motor bikes and cruising through the back roads in this valley. "I was blessed, that's for sure." Shane enjoyed baseball and in high school he loved golf, music and hunting. He enjoyed attending Manson where the small classes and tight-knit community made his education fun. He appreciates all he had and this lifestyle is what he wants for his own children. "Some of my best friends to this day grew up here and I vividly remember the Apple Blossom Parades and community events." After graduating from MHS in 1998, Shane attended Washington State University where he received a Bachelor of Arts in Communication, specifically Broadcast Production. After earning that degree, Shane returned to college at Walla Walla Community College where he received certificates in Viticulture and Fermentation Science. Attending the Institute for Enology and Viticulture in Walla Walla connected Shane to the wine industry and prepared him for the course work for an entry position in the industry. Shane is currently a winemaker, producing wines from two vineyards in the Chelan area, Clos CheValle near Bear Mountain and Double D, south of Beebe Bridge. His wines make their way to the sales channel via two tasting rooms, wine club and distribution. When reflecting on Manson Schools, Shane says, "Being the small school that it was, I feel all my teachers from elementary through high school helped me." He attributes the one-on-one experiences and the great teachers with his post-secondary success. Specifically, it was Mr. Brad Soliday and Mr. Kevin Amsden who inspired him the most. "Mr. Soliday was so passionate about history that I still have a love for the subject today. I was his T.A. my junior and senior years and he taught me a lot about respect, discipline and leadership. My first major at WSU was education because Mr. Soliday inspired me towards that career path." Shane was close to Mr. Amsden through FFA, traveling to Kansas City his senior year. "We all learned a lot from Mr. Amsden; he taught me a lot about self-sufficiency, basic farm economics and how to use a glass torch!" A few words of wisdom Shane has for current Manson students is to be respectful and pay attention. "It's amazing how many things we are taught in school we end up using later in life." He also says that if you don't understand something to ask. "All Manson teachers want to see you succeed." He cautions students not to put all their focus on grades, but rather on their effort. "The feeling of accomplishment is valuable; you will always know how much or how little effort you put into your work." Finally, Shane says to travel when you are young. "The world outside our little valley can teach you a lot."



Carolina Calderon: Registered Nurse, Total Care: The Home Health Care Specialist



Carolina grew up in a family of six with three younger siblings, all of whom still attend school in the Manson School District. "I love living in Manson because of how welcoming and supportive the community is." Carolina wanted to become a nurse because she loves to help people and wanted to give back to her community. After graduation from Manson in 2015, she completed her prerequisites for the Wenatchee Valley Community College Nursing Program, obtaining her Certified Nursing License. She then earned her Associates Degree in Nursing in June of 2018. Shortly after, Carolina was accepted into the nursing program at the WVC Omak Campus where she is currently working towards her Bachelor's of Science in Nursing, after which she plans to obtain her doctorate and become a Family Nurse Practitioner. Carolina currently works at Total Care: The Home Health Care Specialist in Wenatchee where she cares for children who are on ventilators (machines that artificially breathe for those who cannot physically breathe on their own). Some of the high school teachers who help Carolina reach her full potential were Mr. Mathew Brown, Mr. Tom Alexander, Mr. Chas Pauly, Ms. Karoline Martin, Mrs. Kamie Kronbauer, Mrs. Heather Ireland, Mr. Matt Charlton, Mrs. Jennifer Koth, Mr. Kevin Amsden and Mr. Phil Fournier. "All of my teachers helped me reach my goal of becoming a nurse by supporting me and helping me see my full potential." She also credits Mrs. Cindy Simmons and Mrs. Michelle Rogge for their continued support post-graduation. "Along with staff and community members, my family and boyfriend have been a huge support." For Carolina, the journey to become a nurse was a difficult and stressful one. "Each and every one of these people helped me get through this journey; I am grateful to have them all in my life." Carolina's advice to Manson students is that anything is possible. "If it is important to you, you will find a way, but never give up on what you want to do. Find someone whom you can lean on for support and most importantly, never forget to have fun and take care of yourself."

Roland Alejo: SGL Carbon, Operations Specialist Lead & Washington State Criminal Justice Reserve Academy (Moses Lake Police Department)

Roland loved growing up in the Manson Valley where he enjoyed the beautiful lake and being involved in basketball, football, track and soccer.

"I would say I was pretty darn competitive." Roland was also a percussionist for the Manson band. "One of the wildest times I had in Manson was my senior year during basketball season when I painted my body blue, dressed in the Trojan costume with a wooden sword and plastic shield and ran around the court during the pre-game warmup while the band played the fight song." After graduating in 2010, Roland attended Wenatchee Valley College, then transferred to Moses Lake to attend Big Bend Community College where he graduated with an Associate's Degree in Arts and Science and maintained a GPA of 3.8 as a member of Phi Kappa Honor Society. Roland recently enrolled in the Washington State Criminal Justice Reserve Police Academy and is slated to graduate in June of 2019 as a police officer. "I am currently employed at SGL Carbon as an Operations Specialist Lead. I have been working here for two years. SGL Carbon produces multifilament carbon fibers which are processed into the manufacturing components for the BMW i3 and i8 sports cars." During the time Roland was a student at Manson High School, all his teachers and support staff had an impact on him. "Mr. Brad Soliday was and still is the best U.S. History teacher ever. He did an amazing job teaching us about our country in such detail, and gave us a broader view of the world in Current World Problems. Let's not forget about the great music he played during bell ringers and to this day, I have a playlist of all of Mr. Soliday's songs." Mrs. Sue Neff, Mrs. Jennifer Koth, Mrs. Patti Stracener and Mrs. Heather Teague were all a big part of Roland's success in school. "They provided me the tools and knowledge to succeed in high school and in college. Whenever I needed their support, advice or ideas, they were always ready to assist and I am very grateful to have had all these teachers help me reach my full potential during my high school career. Thank you!" Roland's advice to current MHS students is to have fun and take advantage of all the opportunities to form strong relationships with your teachers. "Also, just be yourself! You'll get the most satisfaction out of high school if you focus on the people and activities that feel right to you, regardless of what seems cool or acceptable at that moment. Take care of yourself and always ask for advice. Go Trojans!"



Ricardo Chavez: Columbia Valley Community Health, Clinic Supervisor

Ric graduated from Manson in 2008 and fled to the big city to escape small-town living. However, after attempting life on the west-side, Ric learned quickly that he longed to return to the town where he was born and raised. "I realized that I hadn't appreciated what it meant to grow up in a place where I saw familiar faces in the grocery store, where I knew my classmates by name and where I left my car unlocked without worry." Looking back on his small-town upbringing, Ric took pride in his small town roots. "I was, in fact, given all the opportunity in the world because of the tightly-woven support system here." After receiving an athletic scholarship to play soccer at Southwestern Oregon Community College in Coos Bay, Oregon, Ric earned his AA Degree and then transferred to Eastern Washington University where he completed a degree in Operations Management. Currently, he is the Clinic Supervisor for Columbia Valley Community Health in Chelan where he oversees the day to day operations of the clinic. In addition, his wife and high school sweetheart, Kelsey (Harding) Chavez, own Rio Vista Weddings and the Coffee Cabin in Manson. Ric acknowledges that many people helped him reach his full potential, but the one who that the greatest impact was his mother. "She taught me that reaching your goals is not always easy, but to never give up even when you have to make sacrifices to achieve what you really want in life."

Ric's mother moved to the U.S. where she didn't know the language or the community to pursue a better life for herself and her family. Ric concludes, that the key to a successful future is to dream BIG and know when to ask for help when you need it. Lean on the people who are your support system and it will pay off in the end.



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