



Rossmoor Scholarships for High Schools/GRF 2025

Morelia Gil Cubillo

Code: AP3357591
Status: Complete
Stage: PendingReview
Tags:

Let's Get to Know You!

First Name

Morelia

Middle Name

Yanet

Last Name

Gil Cubillo

Email Address

If you have a school email expiring due to graduation, please use another personal email address if you have one. Click on 'Need Help?' if you do not have an email account.

moreliagilcubillo2029@gmail.com

Phone Number

Please use this format: xxx-xxx-xxxx

4157454904

My phone number is:

Mobile

Date of Birth

08/25/2007

Home Street Address

(include any apt/unit no.)

3301 Buchanan Rd, Unit 111

City

Antioch

State

California

Zip Code

94509

Are you a GRF employee or child of employee applicant

<p>Only Golden Rain Foundation employee or child of employee applicant should answer this question as "Yes". If you are neither, answer "No".</p>

No

High School

Antioch

Tell us about any of your Sport Activities**Sports Activities**

<p>List both team and individual sports you participate in. Leadership positions might be team captain or co-captain.</p>

Tell us about any of your Fine Art Activities**Fine Arts Activities**

<p>Include visual and performing arts activities that are not part of your required academic classes. Leadership Positions might be directing a play or organizing a performance or an exhibit.</p>

Set #1

Name of Fine Art Activity:

Orchestra

Class Year(s) Participated:

9th

Description:

I was concert master. I regularly offered to practice with the second violins, showing proper finger spacing for intonation, and encouraged better practice habits. I bridged the communication gap between the string section, first and second violins.

Tell us about any of your Clubs and Organizations**Clubs and Organizations**

<p>Include such activities as Student Council, yearbook, language clubs, service clubs, and religious groups.</p>

Set #1

Name of Organization:

Antioch Key Club

Class Years Participated:

9th, 10th, 11th, 12th

Brief Description (if leadership positions, please indicate):

Key Club is an international student-led club for community service organization. I was vice-president for two years (sophomore and junior year) and currently am treasurer (senior year). I have grown the club from 10 members to 30+ active members from sophomore to junior year, completed a school mural to increase school morale, and raised more \$400+ during school fundraisers.

Set #2

Name of Organization:

Girl Power

Class Years Participated:

10th, 11th, 12th

Brief Description (if leadership positions, please indicate):

Program for Antioch HS girls created by Ms. Trine. We empower and bond with each other by speaking about topics like reproductive health and mental health. I was a member, but I influenced girls to uplift each other and celebrate each other's successes by coordinating 2023's 8th Grade Women's Empowerment annual field-trip. I facilitated organization of 24 groups for Ms. Trine. The groups entailed ice breakers and conversations with 8th grade girls about transitioning from middle school to high school.

Set #3

Name of Organization:

Antioch Council of Teens

Class Years Participated:

10th, 11th

Brief Description (if leadership positions, please indicate):

A city program created to empower youth voices. I initiated and executed 5+ free, successful recreational events (30+ attendance) for Antioch youth. An example is Antioch's annual free Back to School Bowling.

Set #4

Name of Organization:

UCSF TRiO Upward Bound

Class Years Participated:

9th, 10th, 11th, 12th

Brief Description (if leadership positions, please indicate):

A federally funded program designed to support the success of HS students from low-income families and under-resourced communities. Upward Bound has provided me with knowledge, support, and environment to gain the confidence I wouldn't have grown into until much later.

Set #5

Name of Organization:

UC Berkeley Early Academic Outreach Program (EAOP)

Class Years Participated:

11th, 12th

Brief Description (if leadership positions, please indicate):

A college access program meant to support first generation, low-income or otherwise underrepresented students with their college and career goals. They provided me with one on one advising, presentations, and workshops, which helped me learn how to prepare for and apply for college.

Set #6

Name of Organization:

Teens Advocating for Civil Action

Class Years Participated:

12th

Brief Description (if leadership positions, please indicate):

A leadership and youth organizing program for MS and HS students, rooted in out-of-school time (OST) programs (like before school, afterschool, and summer learning). The program includes learning about civic engagement and organizing as well as connects youth across California to discuss advocacy topics, share ideas and resources, and leverage their learning to lead change in their local communities by speaking to legislators.

Tell us about any of your Community Service

Community Service

<p>List any volunteer activities you have done. These can be activities to help groups like a community, school, religious group, or charitable organization.</p>

Set #1

Name of Service Activity :

Panther Pantry (monthly Antioch HS food giveaway)

Class Year(s) Participated :

10th, 11th, 12th

Number of Months Participated:

30

Hours per Month:

3

Leadership Positions:

Head "Chica" (Give bilingual presentations about Panther Pantry to students, organize produce & cans for food giveaway)

Set #2

Name of Service Activity :

Warm for the Holidays (annual clothing, toy, and food giveaway)

Class Year(s) Participated :

9th, 10th, 11th, 12th

Number of Months Participated:

1

Hours per Month:

5

Leadership Positions:

Head Elf (Checked in people and delegated tasks)

Set #3

Name of Service Activity :

Online SAT Summer Seminar (by Justin Sigars)

Class Year(s) Participated :

11th

Number of Months Participated:

3

Hours per Month:

5

Leadership Positions:

Director (provided a student perspective during the creation of the free seminar, encouraged executive functions to be a large, significant part of the SAT seminar)

Set #4

Name of Service Activity :

National Hsinchu Commercial and Vocational High School v.s. Overseas Sister School California State University Online Interactions

Class Year(s) Participated :

10th, 11th

Number of Months Participated:

3

Hours per Month:

2

Leadership Positions:

U.S.A Student Guest

Tell us about any of the Academic and Citizenship Honors You Have Received

Academic and Citizenship Honors

<p>List any honor or awards you have received, but do not list any Honors or AP classes.</p>

Set #1

Name of Honor or Award:

Contra Costa County Cesar E. Chavez Youth Hall of Fame for Leadership and Civic Engagement

Class Year(s) Received:

11th

Type of Award:

Community

Set #2

Name of Honor or Award:

BATS Scholar

Class Year(s) Received:

11th, 12th

Type of Award:

Community

Tell us about your Family Responsibilities

Family Responsibilites

<p>These can be childcare and other family duties you do to help your family while you are going to school. Do not include paid jobs.</p><p></p>

Set #1

Type(s) of Family Responsibility:

Interpreter/Translator

Class Year(s) Participated:

9th, 10th, 11th, 12th

Days per Week:

Monday, Tuesday, Wednesday, Thursday, Friday, Saturday, Sunday

Hours per Week:

5

Tell us about your Employment Experience

Employment Experience

<p>List any paid jobs you have had.</p>

Set #1

Employer:

University of California San Francisco

Position or Title:

UCSF TRiO Upward Bound Tutor

Class Year(s) Worked:

10th, 11th

Hours per Week:

4

Set #2

Employer:

Bayer Pharmaceuticals

Position or Title:

Quality Control Summer Intern

Class Year(s) Worked:

11th

Hours per Week:

24

Set #3

Employer:

Earth Team

Position or Title:

Sustainable Youth Intern

Class Year(s) Worked:

10th, 12th

Hours per Week:

3

Set #4

Employer:

City of Antioch

Position or Title:

Resource Recovery Ambassador

Class Year(s) Worked:

9th

Hours per Week:

2

Essay

Please choose one topic to write about.

Evaluate a significant experience or achievement you have had or risk you have taken or an ethical dilemma you have faced and the impact it has had on you.

Do you want to type in your essay or upload a document of your essay?

I would like to type in my essay.

Please type in your essay here.

In school, I can, when not careful, narrow focus on work right in front of me, mastering details without adequately linking to broader contexts. A semester is so filled with dense course materials, and grades seem so important, that only in summers did I allow myself the joys of broad exploration. A visit to Griffith Observatory this past June set ablaze an already sparking interest in physics; their Foucault pendulum hypnotized me. I was especially interested in watching as the bronze ball at the end of the string knocked down one of the many perfectly placed pegs—right on schedule. I wondered if the apparatus needed an initial force, as does a swing, what would occur if the length of the string shrunk or extended, or if the ball were heavier or lighter. Too many questions filled my mind; too few answers entered immediately. I spent hours enjoying many other exhibits, yet kept returning to the pendulum. Friends and cousins had warned, “physics is too difficult,” but I’d already taken biology, chemistry, and biotechnology, so felt eager to add the course. I discovered our high school had not offered the course in over a decade, so asked my chemistry teacher to lead the course and then campaigned during Open House evenings, club fairs, and class-scheduling season with posters and trifold to create enough student demand for administration to add it in the fall. Despite this effort, too few students registered for physics. So, I used the networking skills I sharpened while trying to create the course to instead find a generous tutor who devised a summer tutorial, to mentor me one-on-one pro bono. We focused primarily on physics essentials for pre-med undergrads and continue tutorials once-per-week this school year. That same summer, I commuted one hour and seventeen minutes, over thirty-four miles, daily, for eight weeks to intern at Bayer Pharmaceuticals. BART trains became my personal physics lab. I experimented with the train’s acceleration, imagining a free-body diagram, testing different forces by leaning in or away from the direction the train was heading. I’d face different directions to see how my body involuntarily moved when the train braked. Similarly, at home, I experimented with pancakes and thermodynamics during breakfast. I buttered my warm pan, poured batter with a ladle, and observed, watching as the heat transferred from the pan to the batter, immediately creating tiny bubbles as water evaporated and the proteins solidified. After the first batch of four, which admittedly ended a little burnt, I played around with the heat in the stove and flipped pancakes at different times to see how heat influenced texture and color. This became grist for my tutor’s instruction and

reading suggestions. I began viewing the world differently, making new connections while doing daily activities. Pulling and stretching curly hair led me to investigate springs; a benign tumor compelled me to read articles about MRI scans; and everyday interactions, such as noticing that my phone did not phase through the table I set it down upon, suddenly fascinated me. Similar mundane details, once overlooked, now fill me with awe and gratitude for how my newfound passion ended up changing my worldview.

Is there anything else you would like us to know?

Please use this section to tell us about any challenges, experiences, opportunities or anything else you would like us to understand about you.

<p></p>

I aspire to a career dedicated to developing and locating new sources for regenerative medicine by using cells we naturally produce in our own bodies with rapidly advancing tools of genetic medicine. I can imagine no greater contribution to science in the public interest than to ease suffering, cure deadly cancers, and promote long healthy lives in this way. My goal is to improve public health policies and practices in underserved areas, typically low-income, often populated by immigrants and people of color, and too often located near factories or landfills. To achieve this, I see myself pursuing a career in biomedical research and genetic engineering. My goal is to contribute to regenerative medicine by advancing research on the clinical applications of menstrual mesenchymal stem cells (MSCs), specifically in treating neurodegenerative diseases, blood disorders, and cancers. I want to help design custom proteins that modulate intramembrane proteins to fix failing biological processes. I aspire to work on bridging the gap between theory and real-life trials by developing safer transplantation methods, increasing awareness of menstrual MSC benefits, and advocating for their acceptance in the medical community and world. A part of this work will have to include decreasing non-scientific stigmas.

Tell us about the Colleges, Universities, or Vocational Schools to which you are applying

College/Universities/Vocational Schools Information

<p>Fill out this section with the name, application status, and intended major for all colleges, universities, or vocational schools to which you have applied or are planning to apply.</p>

Set #1

Application status:

Accepted

School Name:

Saint Mary's College of California

Major or Field of Study:

Health Science

Set #2

Application status:

Accepted

School Name:

Sonoma State University

Major or Field of Study:

Molecular Biology

Set #3

Application status:

Waiting for a Reply

School Name:

Harvey Mudd College

Major or Field of Study:

Biology

Set #4

Application status:

Waiting for a Reply

School Name:

Colgate University

Major or Field of Study:

Biology

Set #5

Application status:

Waiting for a Reply

School Name:

California Institute of Technology

Major or Field of Study:

Biology

Set #6

Application status:

Waiting for a Reply

School Name:

Amherst College

Major or Field of Study:

Pre-Medicine

Set #7

Application status:

Waiting for a Reply

School Name:

San Jose State University

Major or Field of Study:

Molecular Biology

Set #8

Application status:

Waiting for a Reply

School Name:

Cal Poly Pomona

Major or Field of Study:

Biophysics

Set #9

Application status:

Waiting for a Reply

School Name:

San Diego University

Major or Field of Study:

Cellular and Molecular Biology

Set #10

Application status:

Waiting for a Reply

School Name:

University of California Los Angeles

Major or Field of Study:

Biophysics

Set #11

Application status:

Waiting for a Reply

School Name:

University of California Berkeley

Major or Field of Study:

Chemical Engineering

Set #12

Application status:

Waiting for a Reply

School Name:

University of California Davis

Major or Field of Study:

Biochemistry and Molecular Biology

Set #13

Application status:

Waiting for a Reply

School Name:

University of California San Diego

Major or Field of Study:

Physics with Specialization in Biophysics

Set #14

Application status:

Waiting for a Reply

School Name:

University of California Riverside

Major or Field of Study:

Cell, Molecular, and Developmental Biology

Set #15

Application status:

Accepted

School Name:

University of California Merced

Major or Field of Study:

Molecular Biology

Set #16

Application status:

Waiting for a Reply

School Name:

Scripps College

Major or Field of Study:

Biophysics

Set #17

Application status:

Waiting for a Reply

School Name:

Pomona College

Major or Field of Study:

Molecular Biology

Set #18

Application status:

Waiting for a Reply

School Name:

Pitzer College

Major or Field of Study:

Molecular Biology

Set #19

Application status:

Waiting for a Reply

School Name:

Occidental College

Major or Field of Study:

Biology

Set #20

Application status:

Waiting for a Reply

School Name:

Johns Hopkins University

Major or Field of Study:

Biophysics

Getting Your Letter(s) of Recommendation**Recommenders**

N/A

Additional Required Documents**Upload a recent high school transcript.**

(Grades 9-12)

[PrintStudentTranscriptsLaser_20250129_103451_851347b.pdf](#)**Upload the Eligibility Overview of the FAFSA Submission Summary (FSS) or summary from CADAA.**[FAFSA Submission Summary 2025-26 | FAFSA Form | Federal Student Aid.pdf](#)**Upload a recent photo of yourself**

Please upload a recent photo (head and shoulders) of yourself. The photo should be a JPG/JPEG and cannot be taken by a professional studio.

[IMG_5300.JPG](#)**Permission to Use Your Information**

If I am awarded a Rossmoor Scholarship, I agree that the Rossmoor Scholarship Foundation has my permission to use information, quotes, and photos submitted in this application in the Awards Catalog, in articles in the Rossmoor News and other local publications, and in newsletters, website and other publications of the Rossmoor Scholarship Foundation.

I Agree

Typed Signature

Morelia Yanet Gil Cubillo

I am under the age of 18 and an emancipated minor

No, I am not an emancipated minor

Parent or Guardian:

Parent or Guardian: I Agree

Parent or Guardian Typed Signature

Cesar Gil Lopez

Additional Scholarships for High School Students**Apply for The Calvin Hagstrom Family Trust Award**

<p></p>

Yes, I would like to apply!

Do you want to upload your essay or type it in a text box on your application

I would like to type my essay

Please type your essay here

I will help develop and locate new sources for regenerative medicine by using cells we naturally produce in our own bodies with rapidly advancing tools of genetic medicine. I can imagine no greater contribution to science in the public interest than to ease suffering, cure deadly cancers, and promote long healthy lives in this way. In my own old age, I expect to look back on a career spent with some of the planet's most interesting people exploring some of the most fascinating, essential bits of life here. I began my menstrual cycle the last school day of fifth grade. Throughout middle school, I only knew it to be an extremely painful, monthly occurrence that wouldn't go away until I was in my late forties, perhaps even fifties. It wasn't useful or that special to me, but I didn't shy away from educating myself about it either. While researching about it in Google Scholar, I came across a study published in the National Library of Medicine explaining that researchers transplanted menstrual mesenchymal stem cells (MSC) into brains of mice who have Alzheimer's. The results showed that stem cells encourage immune cells to regenerate cognitive processes and reduce amyloid plaques by stimulating amyloid-plaque-degrading enzymes. I want to continue this research, to observe effects of stem cell transfusions--but on humans who have early stages of Alzheimer's. I found it interesting that something I complained about could help millions of families around the world. The ample supply of stem cells that can be acquired from menstrual blood offers an immediately obvious advantage. I wondered whether menstrual stem cells would offer other advantages that bone marrow, umbilical cord, and fetal cell MSCs lack. I learned that, yes, indeed, differently sourced stem cells offer

different strengths. In addition to greater plasticity (the numbers of different adult cells a stem cell can become), menstrual MSCs reproduce faster. This means we need fewer of these stem cells to treat one patient's injuries, diseases, or surgeries, making them a promising candidate for regenerative medicine. Despite the advantages, menstrual MSCs have yet to be used in human trials due to ethical reasons and scientific debate. Some question the efficacy of using these stem cells in medical treatments, while others remain daunted by traditional stigma surrounding menstrual blood as a resource. My goal is to contribute to regenerative medicine by advancing research on the clinical applications of menstrual MSCs, specifically in treating neurodegenerative diseases, blood disorders, and cancers. I aspire to work on bridging the gap between theory and real-life trials by developing safer transplantation methods, increasing awareness of menstrual MSC benefits, and advocating for their acceptance in the medical community and world. A part of this work will have to include decreasing non-scientific stigmas. To achieve this, I see myself pursuing a career in biomedical research and genetic engineering. That part of maturation to adulthood that was once only an inconvenience became a source of inspiration for a career filled with innovation and healing. Through perseverance and scientific discovery, I look forward to being part of a movement that brings healing, hope, and progress to the world.

Apply for The Silvia Kaplan Community Service Award

<p></p>

Yes, I would like to apply!

Do you want to upload your essay or type it in a text box on your application?

<p></p>

I would like to type my essay below.

Please type your essay here

Throughout my high school career, I've enjoyed participating in, and expanding, the volunteer opportunities our community offers. The social interactions keep me personally healthy and motivated to move on to a higher education that will allow me to continue this work; I always feel richer, happier. I chose a pre-med major because I expect to find similar rewards in helping people maintain optimum health. I want to be a PHD/MD who researches senility prevention and cures to ease suffering and increase quality of life for the widest possible community. I designed the layout and method to deliver groceries at our high school's food pantry. Prior to my involvement, the pantry had been revived by Ms. Trine, (who has supported the Antioch School District since my fourth-grade year) to ensure that no student or family would suffer severe hunger. Inspired by her kindness, I began volunteering. Three months of bagging beans, grains, fresh & canned vegetables and fruits—sometimes with more produce; other times more grains—led me to notice that people were not getting what they most needed. "Panther Pantry 2.0" helped more than twenty families eat delicious, healthy food each month. But it was inefficient. I proposed to Ms. Trine that shelves organized like those in

grocery stores would allow people to “shop” for what they wish and decrease food waste. Giving our “shoppers” a sense of autonomy also increased joy. We could nourish spirits as well as bodies. Together, we built three eight-foot-wide shelving units. I carefully transported items such as cereal, milk, oatmeal, jelly, peanut butter, and canned goods and arranged them by category. I developed a system to prioritize comfort, simplicity, cleanliness, and calm: take bags, go to dry food shelves first, then bread and vegetables, and lastly, toiletries—like toothbrushes and toothpaste—near the door to the exit. Reimagining the pantry’s layout reaffirmed my commitment to creating and designing systems to improve everyday life, including those that prevent disease and promote best health through nutrition. I became actively involved with Antioch Council of Teens (ACT) my sophomore year. After observing that peers want affordable activities closer to home, I worked with ACT to initiate free events, including Antioch’s annual Youth Block Party, Back-to-School Bowling events, and Trunk or Treat. For the Youth Block Party, I reached out to local restaurants and shops through in-person visits, social media, and phone calls to secure food and party supplies. Similarly, I lead outreach for the Back-to-School Bowling event by using online forms, preparing announcement scripts for local HS and MS, and spreading word-of-mouth information. These efforts boosted attendance, ultimately establishing these events as Antioch staples. My service extended to my role as vice president for Antioch Key Club for two years. I was responsible for brainstorming and organizing community service events. Drawing upon my diverse experiences with Panther Pantry and ACT, I connected Antioch Key Club with them and other service opportunities. By showing the positivity of our initiatives, I motivated club members to invite their friends, leading to great growth in youth participation. As part of Key Club’s division leadership team, I connected volunteers from schools from across several districts with Antioch activities. My experiences with Panther Pantry, ACT, and Antioch Key Club have deepened my commitment to a community that has provided me with tremendous support and love. By actively listening to the diverse stories of our pantry’s “shoppers,” and continuously learning from their journeys, I gained a new perspective on my community’s needs. I feel more proud of the overlapping communities in which I live the more I work with others to make them strong, safe, nurturing places.

Apply for The Eleana Peratis Women in STEM Award

<p></p>

Yes, I would like to apply!

Do you want to upload your essay or type it in a text box on your application?

<p></p>

I would like to type my essay

Please type your essay here.

I will help develop and locate new sources for regenerative medicine by using cells we naturally produce in our own bodies with rapidly advancing tools of genetic medicine. I

can imagine no greater contribution to science in the public interest than to ease suffering, cure deadly cancers, and promote long healthy lives in this way. In my own old age, I expect to look back on a career spent with some of the planet's most interesting people exploring some of the most fascinating, essential bits of life here. I began my menstrual cycle the last school day of fifth grade. Throughout middle school, I only knew it to be an extremely painful, monthly occurrence that wouldn't go away until I was in my late forties, perhaps even fifties. It wasn't useful or that special to me, but I didn't shy away from educating myself about it either. While researching about it in Google Scholar, I came across a study published in the National Library of Medicine explaining that researchers transplanted menstrual mesenchymal stem cells (MSC) into brains of mice who have Alzheimer's. The results showed that stem cells encourage immune cells to regenerate cognitive processes and reduce amyloid plaques by stimulating amyloid-plaque-degrading enzymes. I want to continue this research, to observe effects of stem cell transfusions--but on humans who have early stages of Alzheimer's. I found it interesting that something I complained about could help millions of families around the world. The ample supply of stem cells that can be acquired from menstrual blood offers an immediately obvious advantage. I wondered whether menstrual stem cells would offer other advantages that bone marrow, umbilical cord, and fetal cell MSCs lack. I learned that, yes, indeed, differently sourced stem cells offer different strengths. In addition to greater plasticity (the numbers of different adult cells a stem cell can become), menstrual MSCs reproduce faster. This means we need fewer of these stem cells to treat one patient's injuries, diseases, or surgeries, making them a promising candidate for regenerative medicine. Despite the advantages, menstrual MSCs have yet to be used in human trials due to ethical reasons and scientific debate. Some question the efficacy of using these stem cells in medical treatments, while others remain daunted by traditional stigma surrounding menstrual blood as a resource. My goal is to contribute to regenerative medicine by advancing research on the clinical applications of menstrual MSCs, specifically in treating neurodegenerative diseases, blood disorders, and cancers. I aspire to work on bridging the gap between theory and real-life trials by developing safer transplantation methods, increasing awareness of menstrual MSC benefits, and advocating for their acceptance in the medical community and world. A part of this work will have to include decreasing non-scientific stigmas. To achieve this, I see myself pursuing a career in biomedical research and genetic engineering. That part of maturation to adulthood that was once only an inconvenience became a source of inspiration for a career filled with innovation and healing. Through perseverance and scientific discovery, I look forward to being part of a movement that brings healing, hope, and progress to the world.

Apply for The Frank Wang Chinese-American Association of Rossmoor (Frank Wang CAAR) Award

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No, I would not like to apply.

Apply for Social Justice Award

<p></p>

Yes, I would like to apply!

Do you want to upload your essay or type it in a text box on your application?

<p></p>

I would like to type my essay

Please type your essay here

I aspire to a career dedicated to improving public health policies and practices in underserved areas, typically low-income, often populated by immigrants and people of color, and too often located near factories or landfills. In seventh grade, I first viewed cells through a microscope. The onion specimen on the slide showed hundreds of orange honeycomb structures. Onions have been a part of my life since before I could eat them. My mother prepares traditional dishes like ceviche and tinga for my siblings, our father, and me. Seeing the cellular building blocks of this familiar vegetable sent my mind spiraling. Too often, a phone rang late at night, delivering sad news of death. 4 years ago, at 4 AM on a weekday, my mother's voice carried through the thin walls of our house; she told our dad her brother had called from Morelia, Michoacán. Their father had died from COVID-19. I stared at my ceiling, struggling to process the information through dawn. My central focus became understanding how lifestyle and diet impact the human body. Sorrow floated through my thoughts at school and beyond, including while I researched health risk factors for AP Biology. I asked my mom about my grandparents' lifestyle and work, searching for patterns in our family's susceptibility to Alzheimer's, diabetes, and heart attacks. I learned that today's "common knowledge" in the U.S. is not yet commonly known in Mexico. My grandpa's first profession was making charcoal by burning wood. During his youth, he inhaled large quantities of smoke with no protection. I wondered how many others in poverty carried out dangerous jobs with few options for escape, suffering injury, disease, and shortened lives. Systemic circumstances make the poorest among us most vulnerable to carcinogens from work and home environments. Reflecting on family and neighborhood experiences, I refined my focus: medical research and practice in the public interest. My memories with disease and grief are ones that many share. Knowing that my experience is so common motivates me to devote myself to public health. I will educate families on preventing risk factors, connecting under-resourced communities with the knowledge my grandparents and too few others learned in time to live healthier lives. * - - - - * Recently, I had the opportunity to address food scarcity in Antioch. Junior year, I redesigned the layout and delivery system for groceries at my high school's food pantry: Panther Pantry. Inspired by Ms. Trine's dedication to addressing food insecurity in the Antioch School District, I started volunteering and quickly noticed inefficiencies in the distribution process. Families often received items they didn't need, leading to waste. I proposed transforming the pantry into a "grocery store" with organized

shelves, giving families the autonomy to choose their groceries. With three new shelving units, I categorized items like grains, vegetables, and bread, prioritizing simplicity, comfort, and cleanliness. After two months of renovations, we were regularly serving 50% more people: 20 families had grown to 30. Another week of promoting Panther Pantry with presentations and posters around school with QR codes leading to an informative online form—in English and Spanish—brought 40 families each week to the pantry. Reimagining the pantry's layout and directly communicating with my community reaffirmed my commitment to creating and designing systems to improve everyday life, including those that prevent disease and promote best health through nutrition.

Apply for The Walsh/Ledin Family Instrumental Music Award

<p></p>

No, I would not like to apply.

Apply for The Ralph and Diane Hinds Single Parent Award

No, I would not like to apply.

Additional Uploads

- [FAFSA Submission Summary 2025-26 | FAFSA Form | Federal Student Aid.pdf](#)
- [PrintStudentTranscriptsLaser_20250129_103451_851347b.pdf](#)