



Indian Tribal Educational Personnel Program

Serving American Indian Students since 1969

1 Harpst Street, House #93, Arcata, CA 95521 * 707-826-3672

HUMBOLDT STATE UNIVERSITY

NEWSLETTER fall 2021



Welcome to 2021-2022 school year at HSU.

As you know ITEPP started off in the late 60's being a teacher training program for 18 students, so that we could get more Native Teachers into the classrooms. In the 80's & 90's ITEPP became a place for any Natives wanting to work in the education systems (Education, Psychology, Nursing etc.) and ITEPP offered specialized courses (HEPS, PS, and then AIE) to better train our students for working with tribal governments as well as schools. In the 2000's we opened the program up for All majors that Native Students were pursuing and supported approximately 30 students a semester. Since 2010 our enrollment has grown and today, we support anywhere from 80 to 120 students a semester. With a staff of three we continue to offer culturally relevant professional academic advising and mentoring. We no longer get to host classes, but with a strong NAS department and support in the AIE minor in Child Development, Social Work emphasizing Native issues, and STEM programs now including Tribal Ecological Knowledge (TEK) Humboldt State University is now proving to be a sustainable Native educational system.



Transforming into a polytechnic, what does that mean for ITEPP?

When Humboldt State University (HSU) receives a polytechnic designation in 2023 the campus will strengthen the hands-on approach to interdisciplinary learning, with an emphasis in environment, social justice and relationships with local tribes. Programs such as ITEPP, INRSEP, EOP, Place Based Learning Communities, and the Cultural Centers for Academic Excellence, will be essential to ensure that students thrive in the polytechnic model. To begin with, the

Table of Content

Page 1.....	Welcome & Transforming to a Polytechnic
Page 2.....	SmartyPants
Page 3 - 4.....	Council of American Indian Faculty & Staff
Page 5 - 7	Summer Internships
Page 8 & 9	New ITEPPer's
Page 10 - 22.....	ITEPP Alumni
Page 12, 13, 23	ITEPP STAFF
Page 25 & 26.....	In Memory

Indian Tribal Educational Personnel Program

Transforming... continued from page 1.

campus will need to add one more engineering and one technology program. By 2026 the colleges will need to add 3 more science, applied science, engineering, and technology programs and by 2029 will double these programs. Currently the campus is examining the following areas for expansion: Water Justice, Public Health, Human-Nature Relations, Art, Science, & Tech, Energy & Climate Resiliency, and Sustainable Food. These themes are all central to Native communities, so we are expecting to see an expansion of Native/Indigenous related courses infused across all disciplines and most certainly an

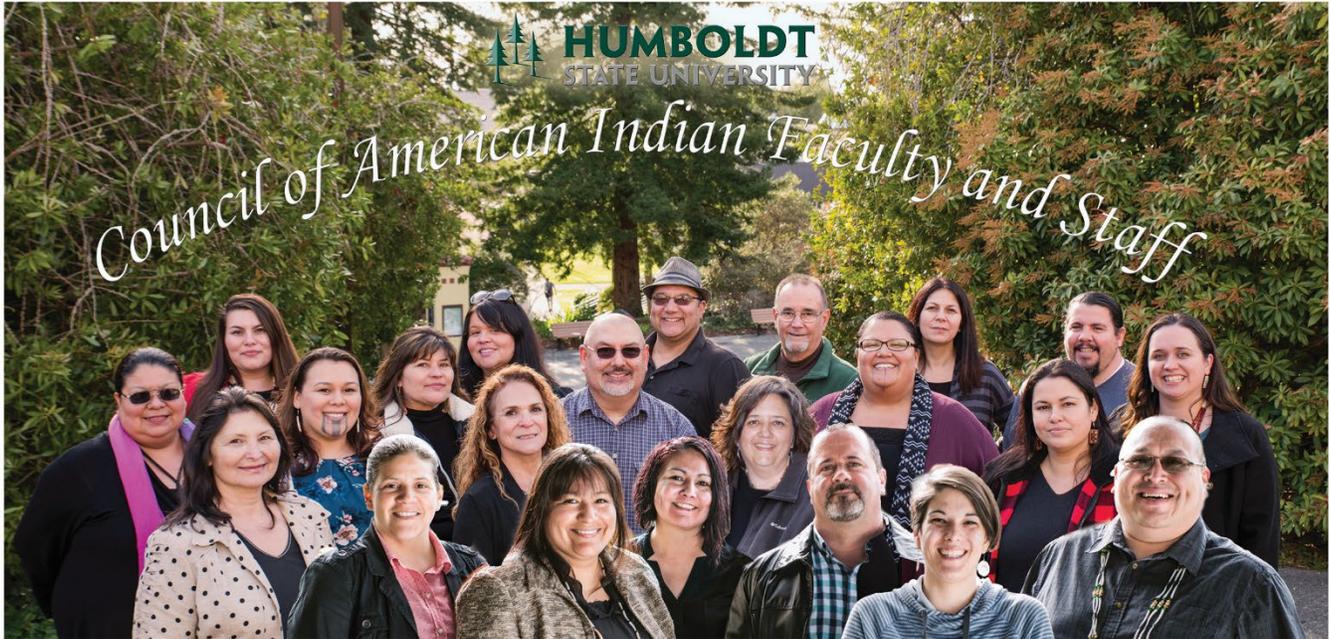
increase in American Indian, Alaskan Native, and Native Hawaiian students interested in attending HSU. ITEPP is preparing for an influx in students by increasing tribal partnerships, strengthening co-curricular programming, and most importantly professional advisors are participating in campus advising meetings to stay abreast of all academic changes and opportunities. This is an exciting time, and a wonderful opportunity to "decolonize knowledge systems and integrate traditional ecological knowledge" into the curriculum in a manner that is respectful, appropriate, and most importantly approved by local Native communities. (HSU Fast Forward Strategic Plan 2021-2026, Goal 2: Advance Academic Access and Inclusive Student Success)

Smarty Pants Spring 2021

Antoinette Ascencio	4.00 **	Jasmine Whipple	4.00	Cody Henrickson	3.46
Wiyaka Bennett	4.00	Loretta Wordes	4.00	Eddie Carpenter	3.45
Jacyln Bissonette	4.00 **	Brittany Bussell	3.94 **	Kiran Dunning	3.36
Alexis Constant	4.00 **	Jasmin Torres	3.94	Kayah Ray	3.36
Julie Countryman	4.00 *	Aurelia Robbins	3.91	Ryan Matilton	3.35
Marlene' Dusek	4.00 **	Shanley Masten	3.90 **	Maudesty Merino	3.35
William Feather	4.00 **	Christopher Villarruel	3.86	Loowyza Colegrove	3.34
Madeleine Fisher	4.00	Adrianna Wantt	3.84	Joanna Colegrove	3.33
Brandi Hoyt	4.00	Pakuni Martin	3.83	Princess Colegrove	3.32
Mariah Jarnaghan	4.00	Amada Lang	3.82 **	Cassandra May	3.30
Alisha Johnson	4.00 *	Natalie Wantt	3.82	Joelle Montes	3.30 *
Julia Jones	4.00	Machelle Bates	3.80	Sierra Castro	3.24
Lisa Martin	4.00 **	Skylar Sylva	3.80	Evan Smith	3.20
Joseph Montes	4.00 *	Juliana Suzukawa	3.80	Precious Wilson	3.18
Jasmine Pedroza	4.00 **	Sirena Torres	3.77	Marcela Resultay-Tayaba	3.17
Aymee Perry	4.00	Teressa McCovey	3.75	Katelynn Webb	3.14
Vikki Preston	4.00 **	Faith Kibby	3.72	Emmanual Cyr	3.11
Anne Rants	4.00	Alisha Manriquez	3.72	Amelya Madrigal	3.07
Clarissa Readen	4.00	Ely Boone	3.70 **	Robbin Stevenson	3.07
Charley Reed	4.00 **	Leighanna Jake	3.70	Daysha Jones	3.04 *
Anouk Robison - De Feve	4.00 *	Alexia Jackson	3.69	Justina Harrison	3.00 *
Marcus Romero	4.00	Shobe Britton	3.67	Molly Houston	3.00
Cassie Russ	4.00 **	Lewis Scott	3.67	Zachary LeClaire	3.00
Angelina Torres	4.00 **	Raevan Shephard	3.66		
Noemi Velasquez	4.00	Felicity Cross	3.57		
Melissa Whipkey	4.00 **	Carlotta Red Leaf	3.50 **		

* Less than 12 units

** Masters student



CAIFS

(Council of American Indian Faculty & Staff)

In the 80's native faculty and staff would gather for get together for lunches thanks to Cheryl Seidner & crew. That group that used to meet as a social sounding board has now become CAIFS (Council of American Indian Faculty & Staff). CAIFS has 39 members sprinkled throughout HSU's campus and meets at least quarterly throughout the year for social purposes as well as maintaining a consensus on Native Issues surrounding the University, a place we can discuss issues, write letters with our support or concerns, and organize (or help organize) events such as Indigenous Peoples Week (IPW), Big Time, American Indian College Motivation Day, and be a comprehensive group of Natives instead of a single voice on campus. We really are a cohesive team working to make the HSU campus better for All Native Students.

Some Projects & Leads are:

- **Dr. Cutcha Risling-Baldy** has been the Native American Studies Chair, and working hard on a bunch of campus committees, while teaching and raising funds for the **new Food Sovereignty Lab**. https://issuu.com/nasfsl/docs/fsl_report_summer_2021._final
- **Dr. Kishan Lara-Cooper**, Chair of the Child Development Department, has gotten her *Ka'mte'm: A Journey Toward Healing* book published and her Father Walt Lara received an Honorary Doctorate of Humane Letters. <https://kamtem-indigenousknowledge.com/>
- **Dr. Kayla Begay** (professor in Native American Studies), **Leo Canez** (Native Admissions Counselor), **Dr. Sara Merrick** (professor CD) and **Dr. Kishan Lara-Cooper** (Chair and professor CD), hosted the **Living Your Language Alliance Conference** this past spring. <https://liveyourlanguagealliance.org/>

CAIFS continued

- **Rain L. Marshall, J.D** (lecturer in NAS & CRGS) presented **Colonization to Mass Incarceration Seminar, and has now the Indigenous Education Advocate at NCIDC.**
<https://www.ncidc.org/left/indigenous-education-advocate/meet-our-new-indigenous-education-advocate>
- **Marlette Grant-Jackson (ITEPP Academic Advisor) collaborating with CAIFS, MarComm & Trio to create Native Recruitment Posters for middle & High Schools in HSU's service district.**
- **Adrienne Colegrove-Raymond (ITEPP Director & Elite Scholars Coordinator) serves on the CSU Native American Initiative Executive Committee and Cobell Scholar Reader**
- **Paula "Pimm" Allen (ITEPP Academic Advisor) is the CAIFS lead organizer & is on the Board for the Goudini Gallery and NHUSD Indian education.** Paula has been elected to the Potawat United Indian Health Services Advisory Board.
- **Dr. Kishan Lara Cooper and Dr. Kayla Begay** have been selected to serve as committee members for the American Indian Education Oversight Committee (AIEOC) for the California Department of Education. They will be part of a team to provide input and advice to the State Superintendent of Public Instruction.
- **Dr. Cutcha Risling Baldy and Dr. Kaitlin Reed** will be launching the Tribal Food Sovereignty Lab this fall.
- **Kerri J. Malloy** (NAS alum and former lecturer) received his doctoral degree in Holocaust and Genocide Studies from Gratz College in Summer 2021. Dr. Malloy has accepted a tenure-track position as Assistant Professor of Global Humanities and coordinator of the Humanities Honors and Advanced Honors program in the Department of Humanities at San José State University. He was also elected to the Advisory Board of the International Association of Genocide Scholars, a global, interdisciplinary, non-partisan organization that seeks to further research and teaching about the nature, causes, and consequences of genocide, and advance policy studies on genocide prevention.
- **ITEPP** has been recognized as a best practice in Participatory Leadership model. **Sasheen Raymond**, surveyed alumni and current students as part of her graduate research to come up with the ten themes that have set ITEPP up as a model program. She will be presenting those findings at the National Native American Education Association conference in October.



Summer ITEPP Internships



Loowyza Colegrove
Microbiology
Hupa

Heyung! This summer I am working three jobs! 1) REU with National Oceanic and Atmospheric

Administration (NOAA) 2) Molecular Lab Assistant with United Indian Health Service (UIHS) /Moonstone Crossing 3) Intern at K'ima:w Medical Center. In my REU with NOAA, I have been creating academic activities for teachers to use across the country utilizing the NOAA Live! Webinar series which covers all aspects of the sciences. As a molecular lab assistant at UIHS, I have been processing COVID-19 samples from both the local Indigenous community to a broader county-wide scale by doing pre & post analytical procedures. Lastly, as an intern at K'ima:w Medical Center, I have been data wrangling on COVID-19 patients since the beginning of the pandemic to help K'ima:w and Hoopa OES have a better understand of the patient population and their demographics of who have been testing positive in my community.



Felicity Cross
Environmental Engineering Fall 2021
Yurok

This past year has been a blessing in disguise. Despite the

challenges of a pandemic, I have accomplished graduating HSU with an engineering degree; I bought and remodeled my first home in Blue Lake; expanded my family (my dog family that is); and I've been able to learn a new career skill: Drone operations. This summer, I had the pleasure of working with HSU in a collaborative Native American youth outreach project that helped students earn their UAS Pilots license. I look forward to the future and am excited to apply my new skills to the engineering field.



Summer ITEPP Internships



Faith Kibby
Social Work
Siletz

This summer I got a new job at Humboats Kayak Adventures, down on Woodly Island. I get to take people on tours and paddle

around almost every day. It's a great little work out and I get to see the coolest stuff like otters and several types of birds. In just a few weeks I have learned a lot and love it here. We have kayak rentals and a few paddle boards. I'm working to try and get a student discount! I hope everyone had a great summer and has a good semester.



Leighanna Jake
Botany
Navajo

As my first year in the Doris Duke Conservation Scholars Program at UC Santa Cruz comes to an end, I

reflect not only back on what I learned but the friendships and memories made. Throughout the summer I visited five UC natural reserves to conduct rapid research with my peers. From this experience I learned so much of science and math that I wish to continue at Humboldt. Aside from field work I spent my free days exploring the reserves to have fun with everyone. A memorable day of the summer was during my stay at Crooked Creek Reserve in Big Sur, this place was my favorite of all reserves because there were the creeks, beaches, and redwoods in the same area. Here I had the chance to start a plant book, swim, camp, hike, watch condors fly around me, and overall, the no internet life was the best part. My highlight at this reserve was spending an evening at the beach to paint and listen to music while watching the sunset. As for my second year with the program next summer, I am looking forward to what I will be doing. The mentorship and support from this summer has influenced me in the greatest ways and I am really excited for next year to do it all over again.



Summer ITEPP Internships



Noemi Velasquez

Social Work
Chichimec Nation

I'm interning with a federally qualified health center on the central coast. While

completing my hours I was able to connect directly with the community and provide basic needs. I was in charge of coordinating four food shares in communities that live-in high-density housing, work in farm labor, and speak over 5 different indigenous languages. The experience was important as it allowed me to interact and hear the experiences and needs from the people directly. It also gave me an insight of the health disparities that have historically affected our communities. I've been able to bring visibility to these disparities to local and state officials and shine a light on the inequities that exist in the county I live in. My hope is that I can continue to work with the community at the grassroots level and empower our people to mobilize change for health equity. I also went to Wasilla Alaska to visit my nephews and learned about the Yu'pik nation which they are members of (Picture me and my nephew Benjamin-Yu'pik Nation).



Chris Villarruel

Forestry Fall 2021
Pit River

This summer I was accepted into a REU "Research Experience for Undergraduates" on

Sustainable Land and Water Resources. Kawe Gidaa-Naanaagadawendaamin Manoomin or "First we must consider Manoomin-Psin" in Ojibwe is a collaborative project between those focuses on studying several Manoomin or "Wild Rice" bearing lakes throughout the 1854 and 1853 Treaty Authorities located in Minnesota and Wisconsin. This is done in a good faith relationship with contributors and traditional rice gatherers and stewards from different tribes and tribal organizations. Other partners in the study include non-native harvesters and The University of Minnesota. My job this summer is to install surface water and groundwater gauges throughout several lakes to monitor their water levels. So far, I am enjoying the experience and am learning a lot from the local tribes, NAS staff, and hydrologists. One of my leads on the project is a tribal forester who teaches NAS classes. I think that is really cool.

New ITEPPER's

Cyliss Bailey - Karuk
Native American Studies



Elvina Bill
Elem Pomo
Social Work



Kayla Brown
Hupa
Business Admin.



Maria Cardenas
Point Arena Pomo
Social Work



Jadence Clifton
Tolowa & Karuk
Kinesiology



Annabelle Dixon
Pauma Band Luiseno
Biology



Alisha Johnson
Yurok
Social Work



Charlie Moon
Hupa - Environmental Studies



Connie McKinnon
Hupa
Social Work



New ITEPPER's

Lindsay McCovey
Hupa/Yurok/Chimarkio
Psychology



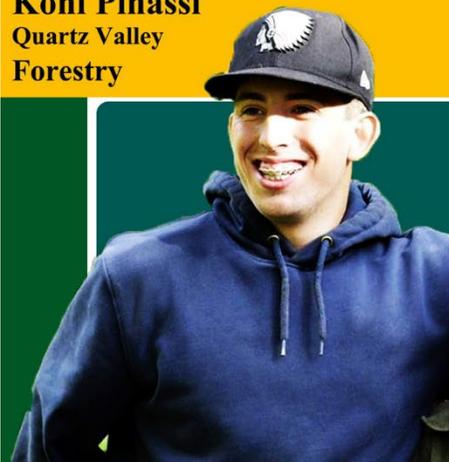
Summer Montez
Big Valley Pomo
Psychology



Chu-Cheesh O'Rourke
Yurok
Social Work



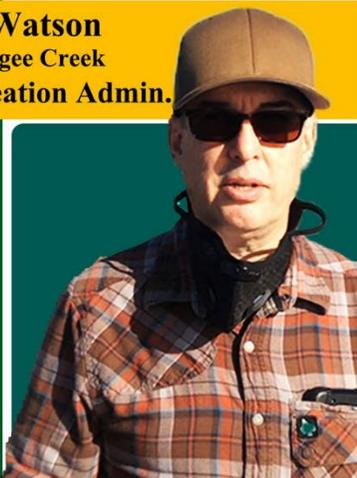
Kohl Pinassi
Quartz Valley
Forestry



Jasmine Torres
Pueblo of Sandia
Business Admin.



Joe Watson
Muscogee Creek
Recreation Admin.



ITEPP Student

Clarissa Readen
English
Yurok



Aiy-yu-kwee nek naw Clarissa Readen. I am a member of the Yurok Tribe and a descendant of the Karuk and Hupa Tribes, here at ITEPP, we call that the classic Klamath river mix.

In the beginning of summer I worked at Orleans Elementary school with 7th and 8th graders who were hilarious, although oftentimes they made me feel OLD! This experience was extremely important considering my future endeavors as a middle school teacher. I learned that I am tough enough to endure their jokes, also it's as fun and fulfilling as I thought it would be. After their school ended and that job was over, I decided to partake in every fun opportunity that came my way because summer goes by fast! So far I've been rafting (attached is a picture of a rapid I went down), tubing, lots of swimming, visiting with friends and playing outside volleyball. I have been thoroughly enjoying these activities, however, soon enough I will be back to writing essays, academic reading and entering the zoom world with my amazing professors and peers. Hopefully I'll get to see everyone at ITEPP this semester even in a socially distancing manner!

ITEPP Alumni



**David
"Two-Sticks"
Arwood II**
BA Psychology
2014
MSW 2021
Karuk

I am happy to say that I just met my goal of receiving a

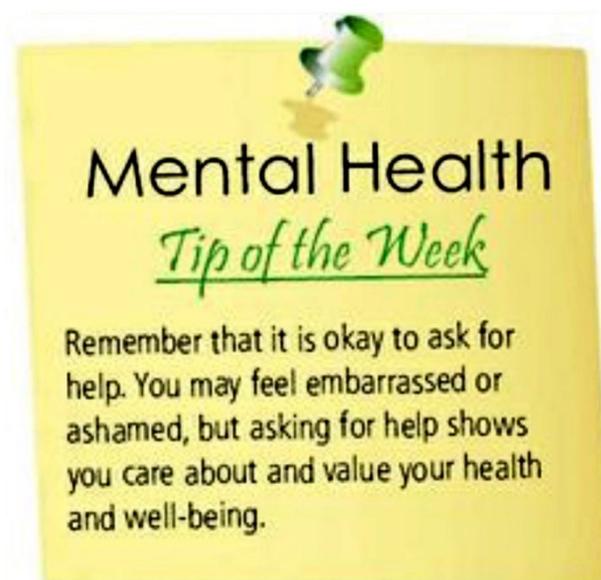
Master's in Social Work from Portland State University. Over the last six years, I have held positions at a number of mental health organizations and non-profits in southern Oregon, but am currently working part time at the Jackson County Crisis Center while I focus on my family after an arduous three-year program of study. My wife and I are currently raising two little boys who came to us from the foster system, so we've had a bit of a reset in our lives. I am currently pursuing a permanent position in my community which will allow me to meet the requirements of a Licensed Clinical Social Worker (LCSW), a process which generally takes three-to-five years.



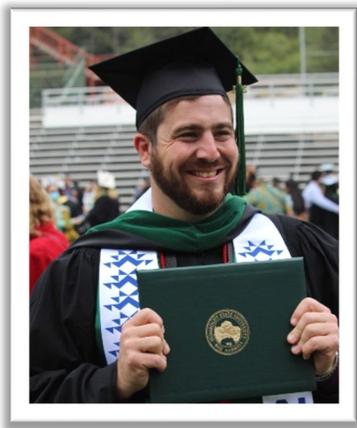
Antoinette Ascencio
BS Business Admin
2002
MSW 2021
Pomo/Kumeyaay

This year, I have enjoyed integrating expressive arts with mental health interventions,

curriculum, & wellness retreats nationwide and into Canada. After completing my Infection Prevention Control Fellowship with the National Council of Urban Indian Health (NCUIH) and Ambassadorship with American Indian Science & Engineering Society, I will be returning to HSU in the fall, to obtain a Master of Science degree, as well as continue contract work with NCUIH and Generation Red Road, Inc.



ITEPP Alumni

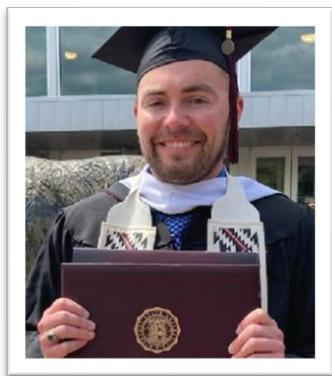


Jace Baldosser

MA Business
Admin 2021
Blue Lake
Rancheria

It was a crazy year
to go back to
school, but I
would do it again

in a heartbeat. The connections I made with my cohort and professors are lifelong. The support of my family and ITEPP has been invaluable as well. I couldn't have done it without everyone's support. I am planning on continuing my education even further after being inspired by this MBA program. Thank you, Jace Baldosser.
Blue Lake Rancheria Tribal Member



Sean Berry

BA Native American
Studies 2014
MA History 2021
Karuk

I am pleased to say
that I graduated from
Missouri State

University with a Master of Arts in History! I am thankful for all of the support during my pursuit of the graduate degree. This was a huge accomplishment for

me! In addition to my recent academic studies, I have continued working full-time for the Bureau of Indian Affairs, Northern California Agency, in the Division of Probate. This summer marks my 5 years of federal service with the BIA working with Native Americans.



Loren Bommelyn & Lena Bommelyn

BA Art & Credential 1980
Tolowa – Karuk

Loren and I here, we survived the pandemic, got our shots. Loren is working on his rebuild of the Sweat House at Nelechundun. We enjoy family time whenever possible, and love spending time with our grandchildren. We were blessed with a new grandchild, last year and love watching all 6 of them grow and show us how wonderful they are. In June our oldest granddaughter graduated from Del Norte High and will be attending HSU in the fall, she was recruited to play basketball. Look for her on the court, we will be attending as many games as possible.

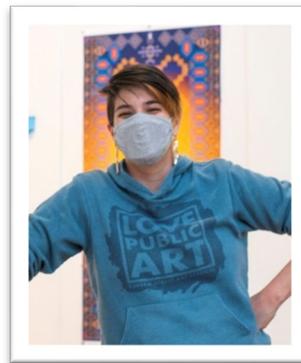
ITEPP Alumni



Dixie Blumenshine
Biology BS 2018
Oglala Lakota

About two weeks ago, I moved to San Francisco to start medical school at UCSF. This has

been something I've been working towards for a long time so I'm so excited to start! The city is beautiful and the school has been very welcoming so far. During the summer, I've been able to spend a lot of time with my family and see friends I haven't seen for a long time, which I'm so grateful for and really wanted to do before starting school again. I can't wait to follow my interests in medicine and have met some great mentors.



Brittany Britton
BA Art studio 2012
Hupa

It is wild that I am just over a year into my new position as the Gallery Director here on campus. I

am hitting the ground running this Summer as we look to reopen the two campus galleries, Reese Bullen and the Goudi'ni Native American Arts Galleries to the community. Stay tuned for more information on timing of events and guidelines to attend openings and events! I am also excited to help celebrate the Reese Bullen turning 50, and the Goudi'ni Gallery turning 10 this year! Looking forward to more years to come.

ITEPP STAFF

Adrienne Colegrove-Raymond
NACAE - ITEPP Director / Elite Coordinator
BA Journalism 1992
MBA 2005
Hupa



In between writing reports, finding funding, and ITEPP planning for fall 2021, I have been swimming, gardening, walking/hiking, and gathering. During the first part of summer I was able to award Dr. Walt Lara a graduation sash in recognition of his honorary doctorate in appreciation of his lifelong contributions to the protection of Yurok ceremony, sacred places, traditions, history, and language. I have known Walt and his family over 50 years. Our families have been friends and advocates for tribal rights. His work has positively impacted many. I am proud that the CSU and HSU have awarded 3 honorary doctorates to Native leaders over the years: 2008 Cheryl Seidner (Wiyot), 2016 George Blake (Hoopa/Yurok), and 2021 Walt Lara (Yurok).

ITEPP Alumni



Roxanne (Marshall) Burgess

Bachelor of Arts 1972
Hupa

Having been a participant in the first group of 18 ITEP students has always

been an important part of my life. I did not plan to go to college. I was living in Hoopa, married and a mother of two children, Wendy and Wayde Morton and working at the school as a teacher's aide. Kathryn Jackson repeatedly came to my front door to encourage me to apply for this new program at Humboldt State University, the Indian Teacher Education Project. I eventually gave in and I earned a Bachelor's degree in social science and a

standard elementary teaching credential in the next four years. ITEP students were required to spend 8 hours per week working in a classroom or some other fieldwork setting and I was able to gain much valuable experience as part of that process. I worked for 9 years as the ITEP Program Coordinator. A big change came to my life when I left the rural HSU job and moved to the big city of Los Angeles to work at Indian Center, Inc., a large Indian organization in downtown Los Angeles. I had two more children, Allen and Jennifer Burgess and settled in Pasadena, CA for 20 years. In January 2019 I retired from working for the California State Controller's office as an Assistant Governmental Program Analyst, ending over 30 years as a state employee.

ITEPP STAFF

Marlette Grant-Jackson
ITEPP Academic Advisor / CRC Coordinator
BA NAS 2001
Yurok



Well this year I celebrate turning 53, and 20 years of serving ITEPP. Throughout my 10-tenure I have worked in the CRC, honed my graphic/artistic skills, and advise/mentor students that don't always follow directions . I find that I'm straight forward and Pimm (ITEPP academic advisor) calls me direct, basically I speak my mind without engaging any filters. Lonyx (INRSEP academic advisor) says I am the new Laura Lee (past ITEPP director). It's an honor to work in such a place with great people serving our Native Students.

ITEPP Alumni



**Julie
Coutnryman**
Leadership
Studies 2021
Cherokee

Hi everyone and
Osiyó! I'm
Cherokee and
am so proud to

be able to call myself an alumnus of Humboldt State University. Being a nontraditional student presented many unique challenges in finding a work-life-school balance that works. After what seemed like a million years, and my kids are grown and out on their own, I was able to return to school and earn a BA in Leadership Studies. After being out of school for so long, I never thought I would be right where I am now: being a graduate and getting ready to enter grad school at Northeastern State University in Tahlequah, Oklahoma. I didn't think it could get any better, but this week I was notified that I've also been accepted into a cultural exchange program which will allow me to share my native culture with other students next spring when I travel to Japan. The Creator has blessed me so generously and my heart is full of gratitude. I hope that I can return to HSU someday as it holds such a special place in my heart. My words of advice to all undergrads: stay in school, get involved with ITEPP, never let go of your native pride. Always remember who you are and what you stand for.



Marlene' Dusek
BS Environmental
Science Mgmt. 2018
Luiseno

Miiyuyam,
Notung Marlene'
Dusek
(Payómkawichum,
Kumeyaay, Cupa)

yaqaa. This pandemic has been really hard on my family, like many of us but currently I am grateful that my family members, although they will have to heal from the after-effects of COVID-19. They are on their healing journey from contracting the virus. I want to honor and send my prayers to all of our relatives we have lost during this time and their families. I am grateful I have been able to keep my jobs during the pandemic. I work as a student/staff for the ITEPP house and the current social media specialist. I also work as Cultural and Environmental Technician for the Trinidad Rancheria. I am also a research assistant for the INCLUDES research grant through HSU that is working to make STEM better for native students on campus. My master's graduate project I am currently working on is entitled: Payómkawichum Şuşngalum (women), Chaamtúkmay (Our baskets), Our Relatives, Our Narratives. I am thankful to my community and all the time, guidance, and knowledge shared that they have blessed me with through working on our project together.

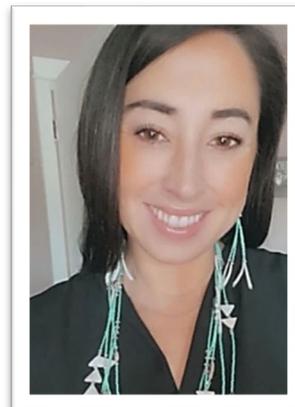
ITEPP Alumni



Briannon Fraley
BA - Native American Studies 2009
Tolowa

ITEPP alum jumped into a career of serving Tribal

communities after graduating HSU in 2009. Her passion to advocate for equity and to educate jurisdictional partners led to the world of lobbying. In January of 2021, Fraley was appointed by the Mayor of Portland to serve as the Director of Government Relations. She is the City’s Chief Lobbyist and the highest ranking Native American official in Portland. Since graduating, Brie has had four boys, and enjoys raising them with her partner, Koiya Tuttle (Yurok) on their mini homestead, Foraged & Farmed in Crescent City. There they focus on education, sustainable living, and building community.



Madison Green,
BS-Business Admin
2015
Yurok

This is my 6th year of “adulting” after graduating from HSU in 2015. I am currently the Client

Services Director of Yurok Health and Human Services Division. I made this transition during the pandemic, and so far, I am pretty happy with my decision and excited for the future of YHHS. I do miss ITEPP and HSU very much and hope to return in the future for potentially a double-major in NAS and/or Masters in Business Administration. I hope to work with many of you in the future!

Leo Canez

Yurok

Admissions - Canez@humboldt.edu



SUICIDE IS PREVENTABLE

LEARN THE WARNING SIGNS OF SUICIDE & SAVE A LIFE

1.800.684.2324
OR TEXT
HELPLINE TO
898211

HelpLine

WWW.HELPLINEDELMOR.ORG

TALKS ABOUT

- Killing themselves
- Feeling hopeless
- Being a burden
- Feeling trapped
- Unbearable pain

CHANGES IN MOOD

- Depression/anxiety
- Loss of interest
- Irritability
- Humiliation/shame
- Agitation/anger

CHANGES IN BEHAVIOR

- Drug or alcohol use
- Isolating from family/friends
- Changes in sleep
- Saying goodbye
- Giving away items
- Aggression

ITEPP Alumni



Teresa Hendrix Wright
BA Art 1988
Yurok

This last school year, I taught online, in

person then hybrid at Pyramid Lake Jr/Sr High School. What a school year! May 29th, I packed up and spending my days in Klamath. Enjoying days with little to no cell phone service. I'm cleaning my place by two bears and appreciate the people who stopped by to share kind words of my dad. I'm so grateful to have family and friends that are helping. I also spend time with my mom and daughter in Ukiah. Making up for missed visits during quarantine. Enjoying life.

Administrative Support Assistant for Native American Studies, World Languages and Cultures and Critical, Race, Gender and Sexuality Studies!

😞 As much as I'll miss those departments and the work, I did with them; I've gotten a position in HSU's Library!!! I am now the Resource Sharing and Information Specialist in the library's Access Services Department! I'm excited for this new step in my career and am eager to share and learn with those around me!

I'm still slowly working on my art, but more often than not I find myself listening to a good book and elbows deep in my garden.



Melitta Jackson
BA Art 2017
Yurok

This year has been a whirlwind!

I'm still working at Humboldt State University (Almost two years!!!) but you will not find me as an



Leah Jarnaghan-Offins
BA Psychology 2018
Hupa

I graduated HSU in 2018 with a degree in Psychology. I am a proud mother and wife. I

recently accepted a position with my tribe as a Human Resources Coordinator and I love it. I'd like to thank the ladies at ITEPP for their support in my educational journey.

ITEPP Alumni



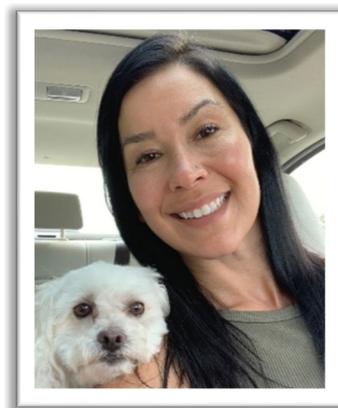
Carolina Johnson (Pineda)
BS Env. Science and Management
2018
Iipay Kumeyaay

I am currently working at the University of Arizona as a program coordinator for two programs, the Partnership for Native American Cancer Prevention Research Education Core (NACP REC) and the Postbaccalaureate Research Education Program (PREP@UAZ).

My fiancé and I have recently purchased a home and are in the middle of finalizing our wedding plans after canceling due to COVID. We are looking forward to having our favorite ITEPPers, Shanley and Shaylynne Masten, in our wedding this coming September. We have been enjoying the pool time and making our house into a home out here in the desert.

Mental Health Tip

Get a journal and write in it. Journaling is good for your mental health because it gives you a safe container to share your feelings in a way that allows you to see the whole picture of them. When we discover why we feel the way we do, we can take the first steps toward handling them in a healthy way.



LaRita Laktonen-Ward
BS Kinesiology
2002
Alutiiq

Hi ITEPP family,
I think all of us
has grown
incredibly over
this past year,

getting to know ourselves better in the face of new circumstances. I have found like many others, trying to balance life as a professional and having a child at home in virtual school. After months of juggling this, I left my job at Public Health in March.

In hindsight, this is the best decision I could've made at this time. I became certified in personal training, health coaching, and weight management about seven years ago and I truly missed it so much. I have transitioned back onto virtual health coaching for lifestyle and fitness and restarted past clients and gained new.

This pandemic has brought so many people out of balance, so helping others make habits around their schedule, sleep, design exercise programs, and make nutritional goals is truly rewarding. As well, I've been able to focus on myself and my family's health. My Facebook page is Tru Life Fitness. Sending my regards to my ITEPP family!

ITEPP Alumni



Jude Marshall
Recreation Admin
2012
Hupa/Karuk/Yurok

Community
Nutrition Manager,
United Indian Health
Services, Inc.

Jude Marshall is a
husband to his

beautiful wife Windy Marshall and Father to his three awesome kids Hazel (11), Yaamach (4) and Kavish (2). He is a wellness advocate, a local cultural practitioner and healthy foods enthusiast. Jude earned a Bachelor of Arts degree in Recreation Administration with a minor in Native American Studies from Humboldt State University while being in ITEPP. He is currently the Community Nutrition Manager at the United Indian Health Services, Inc., Potawot Health Village in Arcata, CA. He oversees the thriving Potawot Community Food Garden that supplies healthy nutrition and wellness to many Native families along the coast.



Kayla Maulson
BA Child Development 2018
Yurok and Ojibwe

This last year alone has been filled with so many changes for my family. I wasn't sure what going back to work was going to be but creating my own business was what I wanted so I started slow and it was able to happen. Frybread Love had started back in April and it has taken off since! Meeting a lot of small business owners within Humboldt and so far, the journey is fun and exciting. I am also running for a seat on our Tribal Council for the Trinidad Rancheria, hoping to add more opportunities for our tribal members! Can't wait to see where this journey brings us a year from now!



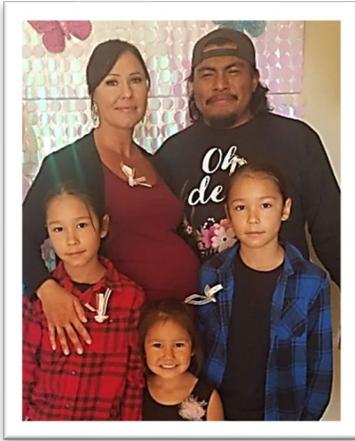
Mental illness is...
normal—1 in 4 will
develop one.

It isn't uncommon.

To start a
conversation say...
I love and support you.

Don't say "quit complaining,
you could have it worse."

ITEPP Alumni



Leah May
BA Liberal
Studies 2021
Santee Dakota

I graduated
Humboldt State
University and
ITEPP in 2010.
I am currently
living in Willow

Creek with my 4 beautiful and feral children and wonderful hubby. I've worked with the KTJUSD for almost a decade as a substitute teacher and college readiness coordinator at Hoopa Valley High School. I plan on returning to HSU for my credentials and possibly my master's degree down the road. My spare time is spent with family and friends on the river and in the mountains gathering medicines, fishing and hunting.



**Shayna
McCullough**
BA Social Work 2018
MA Social Work 2020
Yurok

After graduating
from HSU in May of
2020 with my
master's in social
work, I received a job

offer at the Yurok Tribal Court Department as a Youth Case Worker for a program called Youth At-Risk, a suicide prevention program. Our responsibility is to connect tribal youth 10-24 years old to culture, build self-esteem and connect youth to behavioral/mental health services. We also assist youth in food, shelter, work development and academic education. My work phone number is also a "warmline" which gives youth an opportunity to call/text me 24/7. Warmlines provide early intervention with emotional support that can prevent a crisis.



Indian Tribal Educational Personnel Program



Crystal Miller
BA Social Work
2020
Walker River Paiute

This past year I have successfully completed my first year of graduate school at Arizona

State University (ASU) in the American Indian Studies (Indigenous Rights and Social Justice Program) and began working on a land dispute between the Walker River Paiute Tribe (WRPT) and the U.S. Military for the continuous trespassing, contamination, and militarization on/and against the WRPT. Subsequently to completing my first two semesters at ASU I began working for the WRPT as an intern in the water resources and land department, focusing on this issue. I have loved every second of it and I am happy that I can assist my community in a 40 plus year on going infringement.



Maya Mollier
BS Kinesiology 2018
Karuk & Yurok

Ayukii! Since graduating Humboldt State, I worked as a physical therapy aide at EPT

before spending the past 2 years attending Sacramento State's Doctor of Physical Therapy program. This summer I am on the first of three 12-week clinical rotations working under a licensed physical therapist. In the fall, I will return for one final semester at Sacramento State where I will complete my doctoral project before going out on my final two rotations. I have been lucky enough to find all of my clinical placements in Humboldt County and hope to return to the area to work with my community following graduation and licensure.

CARING FOR YOUR MENTAL HEALTH DURING COVID-19



Take breaks to relax and do activities you enjoy.



Take care of your body with exercise and a healthy diet.



Know the facts. Understanding the risks can make an outbreak less stressful.



Stay connected with family, friends, and a trusted support system

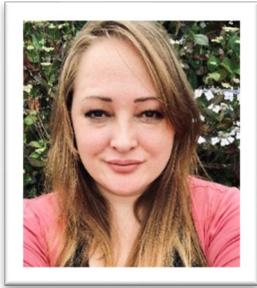


Ask for help if feelings become too overwhelming.



cdc.gov/coronavirus

ITEPP Alumni



Sheila Marie Richards
BS Business
Administration 2021
Cherokee

This year has had its ups and downs for sure.

Besides the pandemic happening, I lost my brother, father and beloved family dog of 8 years. I would have not been able to make it through this past semester without the support of family, friends and my HSU advisors! I'm excited to be finishing up my last semester in FA21. This summer I worked remotely full time with the SF SBDC as a marketing intern and had the best time! I was also running my own startup full time successfully all thanks to being an active business student at HSU!

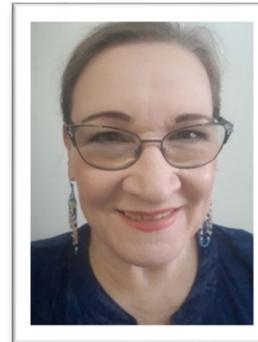


Bubba Riggins
BA Psychology 2017
Hupa / Yurok

As of recently I am the Behavioral Health Intake Specialist with the Hoopa Valley Tribal Court. My

position is a collaboration between HVTC and K'ima:w Behavioral Health and I will be working to connect individuals that are in the Wellness Court process with services, programs, and cultural happenings at K'ima:w. My professional

career has been greatly influenced by my time at HSU and especially in the ITEPP house. I am proud to be working with my community in Hoopa and look forward to what's ahead.



Claudette Robertson,
BA 1989, MA 1997
Social Sciences
Muscogee (Creek)
Nation

Greetings from Oklahoma and the Muscogee Nation. In the midst of a

pandemic Oklahoma suffered serious challenges. Ice storms and snow storms damaged homes and knocked out power for many weeks. I spent the school year in an empty classroom staring at my computer, waiting for students to respond to me via Google Meet. I think they were in a catatonic state. I figured it was time to retire. So, I opened a book store. Deer Clan Books offers new and used books, fiction and nonfiction. I now spend my days visiting with patrons, reading good books, and eating bonbons. Aah, Retirement...life is grand in Indian Country!

ITEPP Alumni



Kim Stephens
BA – Liberal Studies
1992
Credential 1994
Hupa

Hello, my name is Kim Stephens and I am a graduate of Humboldt State University (1992),

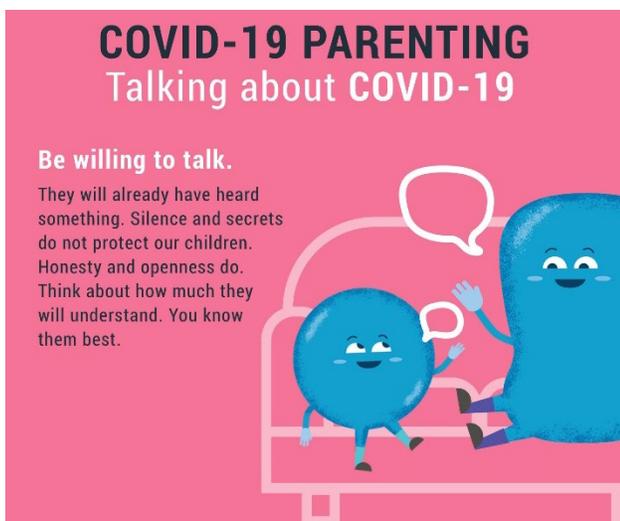
ITEPP (1993) and the HSU Teacher Credentialing Program (1993). Currently I teach Kindergarten at Hoopa Valley Elementary School in Hoopa, California. Since 1997 I have worked for KTJUSD in several capacities. I've experience teaching different grade levels, combination classes, mentoring BTSA teachers/student teachers, currently a coach for our new Literacy program as well as a Keeper of the Strategy for Turnarounds Arts at my school site. I have a son, Andrew (21), who is a recent CR graduate and works construction and a daughter, McKenna (18), who will be a full-time student in the Fall at UH Manoa, HI.



Matthew Sylvia
BS Bus. Admin. 2019
Yurok

I want to start this conversation with a great big shout out and thank you to the

staff at ITEPP. Marlette Grant Jackson, Pimm Allen Honey Bee Thank you so much for your expert guidance and counseling. I would not have made it without you. Also, to all of the staff and professors of the School of Business thank you for the knowledge and making learning fun. I graduated from HSU with a Bachelors in Science with an emphasis in Marketing, in spring 2018. Since graduation I have remained working for the Yurok Indian Housing Authority as the manager of the Trinity River Elders Village in Hoopa. With a slight increase in wages of course. I have moved from my position at AmeriCorps Facility Supervisor to Hoopa Yurok Vocational Rehabilitation Program with a substantial increase in wages. I have to add that when I began my educational career it was in counseling. I finished in Business but I am currently working as a counselor. This is in line with my goal of Tribal economic Development. To all of you aspiring scholars “life is better with an education, go for it” Make your dreams come true one semester at a time.



COVID-19 PARENTING
Talking about COVID-19

Be willing to talk.
They will already have heard something. Silence and secrets do not protect our children. Honesty and openness do. Think about how much they will understand. You know them best.

ITEPP Alumni



Cheryl Tuttle

Liberal Studies (English) 1984
Masters of Science in Education, 2013
Yurok

I spent this year in awe of these 6th graders. We closed our doors and asked these preteens to self-supervise, and they did. I taught remotely, through Zoom, packets and thumb drives and asked these young people to make their homes into their classroom, and they did. They put up with the myriad of ways I attempted to teach remotely, they laughed and groaned at my jokes, they used Chat to reach out and tolerated my gazillion reminder texts, and in spite of unreliable internet, storms, fires, power outages and the pandemic, they learned. My heart is full.



Tani Zavalla

BS Health
Promotion 2018
Santa Ynez Band of
Chumash

I am from the Santa
Ynez Band of
Chumash Indians;
my people are from
Kalawashaq (turtle

shell village). I currently live on my homeland in Santa Ynez California where I was raised. I graduated in 2018 from Humboldt State University with a Bachelor's of Science in Health Promotion and Exercise Science and a minor in Native American Studies. I work for my tribes Culture Department creating and facilitating programs and annual cultural gatherings alongside our culture team, teaching culture, language, and I am also the culture department lead for our community food garden and medicinal garden on our reservation lands. We promote health and wellness in the Culture Department through traditional practices, and traditional and non-traditional foods and medicines. I recently received my certificate for the Diabetes Prevention Program (DPP) through the CDC and plan to transition to our Tribal Clinic in Santa Ynez.



ITEPP STAFF

Paula “Pimm” Tripp-Allen
ITEPP Academic Advisor
BA NAS 2001
Karuk

It has been such a beautiful summer! Even though our family continued to take Covid safety precautions, it was so wonderful after over a year to have some nice weather and be able to occasionally gather with others outside. We hosted a small Ihuk, a Karuk coming of age ceremony, for our younger daughter in the early summer along the Salmon River and I am so thankful for this experience. After a year of preparation, it is always such an amazing feeling to help transition a young person into the next stage of her life, surrounded by people sharing their love, luck and good medicine with her. Then just a few days later (we had barely all moved home from the dance) our older daughter had her 2nd son! She and her husband are now the proud parents of two handsome little guys and we are excited to have two “grandy-sons” in our lives now! The parents are both recent ITEPP grads so they are helping us add to the ITEPP family. Life never seems to slow down very much and although there are moments I wish I had a minute to rest, I am more thankful that our life is so full and appreciate that the busyness means we are part of a community filled with family, friends, ceremony and people who care deeply about staying connected to the land and one another, and that is truly a blessed life. These last few days of summer we hope to sneak in another couple days at the river and we will get the most out of the family time together we have before our two youngest return to school after over a year of homeschooling. I also look forward to reconnecting with everyone virtually this Fall and I am hoping that by the end of the semester we may get some face to face time!



HOW TO COPE WITH BEING HOME 24/7

- BUILD IN TRANSITIONS
- MAKE A POINT TO HAVE ALONE TIME EVERYDAY
- DON'T ISOLATE YOURSELF
- TRY TO SET PHYSICAL DIVISIONS IN YOUR HOME, IF YOU CAN.
- GET FRESH AIR (WHILE KEEPING DISTANCE FROM OTHERS)



In Memory

Patricia O'Rourke-Gibbens

June 14, 1955 – Feb. 18, 2021
Liberal Studies (Elem. Ed) 1992 Credential '93
Yurok



Patti passed away at the age of “29” surrounded by family and love after a long, courageous battle with cancer. Patti grew up at Morekw village on the Yurok Reservation and was a proud member of the Yurok Tribe. She was a middle child and one of 12 children, which enabled her to hone her skills as both a mediator and a caretaker.

Patti grew up fishing and playing on the Klamath River. She graduated grade school from Jack Norton Elementary and went on to graduate from Hoopa High School. She then moved to Arcata to start college at Humboldt State University (HSU). She completed one year of college before choosing to postpone her education to marry Roger Gibbens on March 22, 1975 and start a family. She went on to have four children and worked as a teacher's aide for 14 years before she and her husband made the difficult decision for her to go back to college. Patti re-enrolled at HSU and went to school full-time for the next four years to complete her teaching credential. She would commute over two hours each way to complete her credential and attributed part of her success to the ITEPP program at HSU. At home, Patti often had to leave before her children were awake and would return after they had gone to sleep. Roger would get up early, braid Adia's hair and make the kids pancakes before sending them to school.

Patti began her career as a teacher at Orleans Elementary before transferring to Jack Norton, where she worked until she retired in 2017. Patti poured her blood, sweat, tears, money and most of all her heart into the Jack Norton school and its community. She created lifelong friendships and cared deeply for the students and families she worked with. She was also highly involved with the ceremonies of her people and cherished her time with her Dance family. She will be remembered most for her thoughtfulness, kindness, her smile and her 'O'Rourke laugh.' Her favorite days were those spent on the river visiting family and watching the little one's play.

Though the passing of Patti will weigh heavy on our hearts, it was her deepest wish that people not be sad. Instead, she wanted us to smile, remember her infectious 'O'Rourke laugh' and spread her kindness and light to others.



In Memory

Adrian Joseph Romo

July 9, 1995 – October 2, 2020

Kinesiology 2018

Comanche



Adrian was born in St. Louis, MO to Shelley and Humberto Romo and was the “middlest” of 3 boys. Adrian was a feisty, creative, incredibly loving, and extremely energetic little boy who grew into a kind, stoic, generous and jocular young man. He was a joy to behold and a shining light to many. At the time of his passing, Adrian was working on an accelerated Doctor of Physical Therapy and as a PT Aide at 8 San Diego area PT clinics.

Adrian attended high school in San Diego and Humboldt State University in Arcata, CA where he graduated Magna Cum Laude with a Bachelor of Science in Kinesiology/Pre-Physical Therapy and double minors in Native American Studies and Psychology. While at Humboldt, Adrian acted as a RAMP Mentor, Student Activities Assistant and was involved in many groups and activities, including being a founding member of a Grappling Club, and most importantly, as a member of the Native American Center (ITEPP).

It was at ITEPP that Adrian developed deep, meaningful relationships and matured his moral and ethical standards and beliefs. Just days before his passing, Adrian recounted many fond memories regarding ITEPP comrades, mentors and activities and their importance to his development and life. It is with deep respect for the light and goodness brought to Adrian’s life and an attempt to continue his legacy of giving, that the Adrian Joseph Romo Memorial Scholarship at the Humboldt Area Foundation was established. (www.hafoundation.org/AdrianRomoScholarship)

Thank you to all who brought light, love and humor to our son’s life.



A casual outdoor reception

in

Adrian’s honor is planned for September 25, 2021 at the Fieldbrook Retreat in McKinleyville, CA.

Details regarding time and address to follow.